

Happy Belly

Over 140 plant-based recipes without
dairy, sugar, gluten, yeast or tofu.

Second Edition 2019

Recipes & Photography by

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About The Author

Yasmine Nazmy is a French-Egyptian food lover and creator of unique healthy recipes. With a background in arts and environmental engineering, she founded a restaurant in 2014 with a friend: The Vegan Kitchen. It was Egypt's first vegan and organic restaurant, serving delicious food free of sugar and gluten. A year later, she expanded her horizons and started a catering service named Earthly Delights, following the same trend of healthy plant-based cuisine. Shortly after, she founded KAJU, a line of raw vegan products such as ice cream and cheese. Her creations were then available to be ordered online - her aim was to make healthy natural food accessible to people all over the country. Over the years, she taught numerous cooking workshops across the capital, and also helped people transition to a plant-based diet and lose weight.

So what made an environmental engineer turn into a chef?! With a very strong passion for recycling and saving the planet, Yasmine always tried to minimize her use of plastic and eat foods that are local, seasonal and organic. Soon after graduating from university, she noticed the connection between food choices and environmental issues. That's when she became plant-based - meaning that her food is more than 90% from plant foods.

Having also experienced many digestive troubles since childhood, it took her about 3 years to adjust to a diet that kept her belly flat and her appetite fully satisfied! Her kitchen turned into a lab, experimenting with different types of flours, sweeteners, vegan substitutes, etc. In fact, many of the recipes in this book are 'engineered' due to her dietary restrictions. It has been a really fun journey and she wrote this book to share with you her favourite creations, and help others follow a diet that is free from irritating foods.

Her best health tip: *Start every morning with a big smile!*

Introduction

~:* Hello! *:~

I wrote this book to bring you simple delicious recipes, which are easy to remember and are made with ingredients that are easy to purchase in the Middle East. It's my pleasure to present the healthiest dishes that I have created or adjusted to my taste! I emphasize raw foods the most, as they bring you so many nutrients and are hydrating, they can really be considered healing foods. For cooked foods, I try to include as much vegetables as possible, hiding them in child-approved dishes like pizzas and cakes!

The idea is to get plenty of water, vitamins, minerals, protein and flavor in just one simple vegetarian meal. Being an artist myself, I also love to play with colors and present bright cheerful dishes. The way our food looks affects our mood, instantly!

For most recipes, I suggest extra options to allow you to try a wide variety of creations.

I believe the kitchen should be a fun place to learn and to get inspired.

And not just learn how to cook, but to learn about our Earth, our bodies and our intuition. When we change the way we eat, we also change our perception of things... each person is different in that regard so I leave it up to you to discover your journey!

About Gluten-Free

When avoiding gluten grains (wheat, rye, and barley) it is important to remember that you cannot recreate the exact consistency but you can only get very close. Gluten itself is a sticky binder that gives baked food a fluffy texture which cannot be recreated without many chemicals and starches – and that defies the purpose of following a healthier lifestyle!

In fact, gluten also sticks to your intestinal wall, causing lots of damage.

In this book, I will show you great alternatives to bread, that according to my friends, family and customers taste even better! Desserts are the easiest to make without gluten as the fats and sugars tend to give nice textures and to be fair, sugar makes anything taste good! However, none of my recipes actually contain sugar – as this scary ingredient has absolutely no health benefits! Instead we will look at how to use molasses, raw honey, dates, maple syrup, etc. I also want to point out that gluten-free recipes always come out better with the use of eggs, but I understand that many of my readers are vegan so I offer alternatives to eggs whenever I can.

If you are allergic to gluten, you probably already know that many store-brought sauces and packaged items contain gluten in some form. One example is soy sauce, traditionally made from wheat. You can purchase an alternative called tamari, it is a soy sauce made from rice instead of wheat. Many ready-made salad dressings also contain gluten, which is why I'll show you how to make them safely from scratch!

If you want to get away from gluten and sugar, the best option is to get familiar with raw foods.

Since raw foods already exclude grains and processed foods by definition, you will enter a world of culinary genius where ingredients are used in their pure form to create very original variations of foods we already know (cooked). Raw desserts have been gaining lots of popularity lately as they fit in to so many specific diets, and can be adjusted to any food intolerance. It is truly amazing that recipes have been developed to satisfy a craving and yet supply us with so much nutrition! For example, dates are an excellent sweetener because they are also high in fiber, protein, iron, magnesium and vitamin B. No other sweetener can match this. And can you imagine a brownie that is made without grains, sugar, dairy and oil?

The recipe is at the end of the book!

For the following cake recipes, you may choose from this list of homemade gluten free flour mixes. They all work equally well, with some slight differences in texture.

You may choose to try them all and see which you prefer.

Rice Flour & Almond Flour

Very easy to find rice flour as it is locally produced and sold in supermarkets. For this ratio simply to mix 1 cup of any rice flour with 1 compact cup of almond flour and keep it in the fridge, ready to be used anytime! You can save money by making your own almond flour (see page 121). This gives the best texture in my opinion, it's my absolute favourite!

Almond Flour & Coconut Flour

For this ratio, mix 1 cup of coconut flour with 3 cups of almond flour and keep it in the fridge, ready to be used anytime! This is a grain-free option (paleo-friendly). This blend works best with recipes that contain eggs. Note that coconut flour is **not** the same thing as shredded coconut!

Brown Rice Flour & Starch

My second favourite mix, it may be harder to find, but works really well and it's wholegrain! You can make your own if you have a strong blender. Mix 4 cups of brown rice flour with 1/4 cup of potato or tapioca starch, and keep it in the fridge.

White Rice Flour & Oats* Flour

You will have to make the oat flour yourself as it is not always sold ready (simply blend oats in a strong blender). For this ratio it is easier to mix 3 cups of white rice flour with 2 cups of oat flour and keep in the fridge, ready to be used anytime! You might find that this mix is a little drier than the others, so you may add 1 tbsp of water for every cup of flour that you use, in any recipe.

***Note:** if you are seriously intolerant to gluten or have celiac disease, make sure the oats you buy are certified gluten-free. It will clearly be indicated on the packaging.

About Dairy-Free

I personally have been intolerant to dairy products from a very young age, but I only realized that at the age of 16 and completely cut dairy out by the age of 20. Having suffered from digestive troubles for 2 decades, I was one of the first people to give up dairy in my community. However, since then, I have noticed many people starting to cut dairy out of their diets as well, and I have even been approached many times by women whose children are showing allergic reactions to dairy. What's scary here is the way dairy products have become just that: products.

Milk is no longer fresh! It comes out of a cow whose baby has been taken away for the meat industry, and then that milk is pasteurized and bottled, staying on shelves for much longer than it naturally would be able to. The cows are also loaded with antibiotics and hormones, which bind to the fat in milk (the main component!) and then it makes us sick. Lucky are those who can get fresh raw milk from cows that live long happy lives on green fields.

Either way, milk is not an essential nutrient. You can get all the health benefits from raw plants and eggs!

For many cheese recipes you will see that you need to strain the mixture to remove excess water so you can end up with a thick cream. The method is the same for all recipes, the only difference is the length of time – which will be indicated in the recipe.

All you need is a bowl, a mesh strainer/colander, a clean cotton kitchen towel and another smaller bowl. You place them in this order. The strainer has to sit comfortably on the edges of the bowl, not sink in. You then put the towel over it, pour the contents in, and fold the towel. Lastly you place the smaller bowl on top, and fill it with water so that it creates a weight to help squeeze the liquid out of the mixture. You can add as much water as you think appropriate, it will also depend on the weight of the bowl itself (glass vs plastic).

For making non-dairy milks, I recommend you buy a 'nut milk bag' which you can order online. It helps by saving you time and is much easier to clean than a towel. You won't need more than one, and you can use it forever!



About Grocery Shopping

When shopping for groceries (which is better done in person) always select the freshest looking ingredients. Food that hasn't been well preserved won't taste so good. As a general rule, the best food is locally sourced and organic. There are many farms in Egypt now that deliver vegetables to your doorstep! While organic is more expensive, it's better for you and the environment – the choice is yours. Some fruits and vegetables don't need to be organic since they don't absorb chemicals as much as others, these safe foods are banana, mango, avocado, kiwi, melons, sweet potatoes, pumpkin, onions and garlic.

Try to buy small amounts regularly so that nothing perishes in your fridge/home. I find that shopping twice a week is perfect! However, for large families you may need to order / buy more often. If you have the chance to grow any of your greens, please do! It is such an amazing feeling to eat lettuce and herbs that are freshly picked. All you need is a good spot that gets direct sunlight.

Please avoid buying anything packaged, with the exception of food that comes in glass jars. Food in cans is toxic because the metal is lined with BPA - a cancer causing substance.



About Kitchen Equipment

A full kitchen only needs the following:

- kitchen scale
- cutlery
- measuring spoons
- measuring cups
- a strong blender
- a food processor
- a pan
- a pot
- lots of bowls!

All cookware should be new, scratch-free – ideally made of ceramic or eco-friendly lead-free coating. The food processor is better at chopping and grinding solid foods (nuts, coconut, onions, etc.) whereas a blender is better for a smooth liquid result (smoothies, icing, sauces, etc).

I highly recommend having both. A good blender should be strong enough to blend nuts and crush ice, so I recommend something very durable, be prepared to spend over 1000 EGP for it
– you will probably be using it every day so it's a great investment!

Please use measuring spoons for everything as listed, because small measurements can be easily overseen by the human eye (it's hard to distinguish between $\frac{1}{2}$ and $\frac{1}{4}$ teaspoon for example, but it can make a big difference in taste!) Please note that I use the US Standard measurements. You can easily find these measuring spoons and cups at any supermarket.

A Few Health Notes

This book presents a collection of my favorite recipes which are free of sugar, gluten, dairy and all kinds of meat. I found that my body is in much better shape ever since I stopped these foods, not only do I look and feel better but I also have a smoother digestion and I thankfully rarely get sick.

Meats, eggs and dairy can be heavy on the digestive system however if you are not vegan, I suggest you consume eggs that are either raw or soft boiled (avoid fried) and stick to seafood (no red meats). It is very important to consume from the sea, as we need iodine, an essential nutrient, and the best sources are wild caught fish and seaweed. Sea salt is a much healthier option than regular refined table salt, and it is available in most supermarkets nowadays. Dried seaweed has been consumed by many cultures for millennia – you can add it to salad dressings or use seaweed sheets to make sushi rolls. You can find it at the Asian section of most big supermarkets.

Moreover, omega-3 is an essential healthy fat that can be found in seafood and seaweed, as well as eggs, walnuts, flax seeds, and some fruit, but it is much better to consume it raw. If you are allergic to flax seeds, you can substitute them for chia seeds. Regarding other types of fat, there is omega-6 and omega-9 but you want to reduce your omega-6 consumption. That means avoiding things like peanuts, corn oil, sunflower oil, soy oil. Not all oils are equal! Some are very heavy and will make you sick in one way or another (diabetes, heart disease, acne, etc) but some are actually very good for you and can help your body heal. These good oils are: olive oil, sesame oil, coconut oil. Olive oil should not be heated above 200°C but coconut oil can be used at all temperatures, even for deep frying.

As for sweeteners, the healthiest alternatives to sugar are: dried dates, raw unprocessed honey, organic maple syrup and molasses (in that order). Agave syrup is also good but I don't like its taste. I do not recommend the use of anything chemical like xylitol, erithrytol, aspartame, Splenda, etc. Regarding baking, it's really not ideal with dates, so I prefer maple syrup, honey or molasses for that purpose. In raw desserts, dates give a nice texture so they can be quite essential. Dates are also the best sweetener because they contain fiber, protein, minerals and vitamins.

Some ingredients that I cannot digest well have been omitted in this book, although some people may not have any problems with them.
For example: most beans, cauliflower, corn, yeast, etc.

Next to each recipe title you will find a symbol that indicates whether a recipe contains nuts or eggs, or if it is raw. Remember that coconuts are actually considered seeds, and peanuts are legumes.

Nuts: Raw Recipe: Eggs:



DISCLAIMER

My recipes have been perfected based on my kitchen equipment and the temperature control of my oven. **Every oven is different**, and each has its own imperfections that everyone learns to adapt to in their home. You may realize that one side of the oven is hotter, or that the general temperature is higher it should be, it happens! Please try to use new modern high-quality equipment as much as possible, it will make all your meals taste a lot better! Please follow my recipes exactly as they are, and use the appropriate measuring tools.



Advice For Happy Digestion

Eat slowly, enjoy each bite!

Count your blessings with every meal (thanking everyone, from the person who cooked the food to the person who grew the ingredients!)

Focus on your meals instead of being distracted by a conversation or television

Eat only when you're hungry

Stop eating when you're almost full

Share your favorite food with the people you love

Pay attention to which foods give you energy and which ones take away your energy!

The is no right or wrong way of eating, there is only “right for me, right now”

Remember to breathe deeply!

Soups

Root Soup

Ingredients:

1 medium onion, sliced
2 tbsp coconut or olive oil
200g sweet potato, peeled,
and diced
100g carrot, diced
100g beetroot, diced
3 cups broth or water
salt to taste

Optional: thyme, ginger,
garlic, fennel

- Fry the onion for a few minutes until it becomes translucent.
- Add the other vegetables and stir fry for 2 minutes.
- Add the broth or water, bring to a boil, then lower the heat and let it simmer for 20 minutes.
- Puree in a blender until very smooth, then return to the pot and heat over medium fire, until desired consistency is reached.

Serving suggestion: Garnish with cheese or yoghurt (see pages 141-148)



Cooking Time:
Under 1 Hour
Serves: 2



Herbed Broccoli Soup

Ingredients:

1 clove garlic, sliced
½ cup spring onion, sliced
2 tbsp coconut or olive oil
4 cups broccoli florets
¼ cup fresh coriander
¼ cup fresh basil
2 cups broth or water
1 cup coconut or cashew milk
salt to taste

Optional: 1 cooked potato

- Fry the broccoli, garlic and onion in oil for about 3 minutes, or until the onions are translucent.
- Add the broth (or water) and bring to a boil, then turn off the heat.
- Transfer the soup to a blender, adding in the milk and herbs, and puree until smooth. If you are using potato to thicken the soup, place it in the blender too!
- Return the mixture to the pot and heat for a few minutes, until desired consistency is reached.



Cooking Time:
Under 1 Hour
Serves: 2



Thai Sweet Potato Soup

Ingredients:

2 cloves garlic, sliced
1 tbsp grated ginger
1 stalk lemongrass
 $\frac{1}{2}$ tsp curry powder
2 tbsp coconut oil
250g sweet potato, peeled, and
 diced
1 red pepper, sliced
2 cups broth or water
salt to taste
1 lime, juice only

Optional: $\frac{1}{2}$ cup coconut milk,
chili pepper, fresh basil or
coriander

- Fry the garlic, ginger and lemongrass in coconut oil with the curry powder.
- Stir over medium heat for about 2 minutes.
- Add the sweet potato and red pepper, keep stirring for another 2 minutes.
- Add the broth (or water), bring to a boil, then lower the heat and simmer for 20 minutes.
- Remove the lemongrass and transfer the soup to a blender.
- Puree until very smooth then return to the pot and heat over medium fire, until desired consistency is reached. You can add the coconut milk at that point, or serve right away with lime on the side.



Cooking Time:
Under 1 Hour
Serves: 2

Mushroom Soup



Ingredients:

1 small onion, sliced
2 cloves garlic, sliced
250g mushrooms, quartered
2 tbsp olive oil
2 cups broth or water
1 cup almond or cashew milk
salt to taste
pinch of sage
pinch of thyme
Freshly ground black pepper,
to taste

- Fry the garlic and onion in olive oil for about 2 minutes until the onions are translucent.
- Add the mushrooms and herbs, and stir for about 5 minutes.
- Add the broth (or water) and milk. Bring to a boil, then lower the heat and simmer for about 10 minutes.
- Transfer the soup to a blender and puree until smooth, then return to the pot and heat for a few minutes, until desired consistency is reached.

Serve with freshly ground black pepper.



Cooking Time:
Under 1 Hour
Serves: 2

Zucchini Soup

Ingredients:

500g zucchini
1 medium onion
1 leek
1 clove garlic
2 tbsp olive oil
3 cups broth or water
salt to taste

Optional: fresh coriander leaves, ½ cup pumpkin milk or almond milk

- Fry the garlic and onion in olive oil for about 2 minutes until the onions are translucent.
- Add the zucchini and leek, and stir for about 5 minutes.
- Add the broth (or water) and milk, bring to a boil, then turn on low heat and simmer for about 15 minutes.
- Transfer the soup to a blender and puree until smooth, then return to the pot and heat for a few minutes, until desired consistency is reached.



Cooking Time:

Under 1 Hour

Serves: 2



Pumpkin & Carrot Soup

Ingredients:

200g cup carrot, diced
400g pumpkin, diced
2 tbsp olive or coconut oil
1 medium onion, diced
1 clove garlic
1 pinch dried sage
1 pinch dried thyme
1 pinch of black pepper
 $\frac{1}{2}$ tsp salt
2 cups broth (or water)
 $\frac{1}{2}$ cup water, or more

- Fry the garlic and onion in olive oil for about 2 minutes until the onions are translucent.
- Add the carrots and pumpkin, and stir for about 5 minutes.
- Add the herbs, salt and broth (or water) and milk. Bring to a boil, then lower the heat and simmer for about 20 minutes.
- Let it cool, then transfer the soup to a blender and puree until smooth.
- Return to the pot and heat for a few minutes, until desired consistency is reached. This will give you a thick soup, but you can add more water if desired.

Cooking Time:
Under 1 Hour
Serves: **2**





Sauces
Dips and
Salads

Sweet Chili Sauce



Ingredients:

1 red chili pepper, deseeded*
1 red bell pepper
1 clove garlic, pressed
1 tbsp grated ginger
 $\frac{1}{3}$ cup date paste (p. 155)
 $\frac{1}{3}$ cup rice vinegar
 $\frac{1}{2}$ lime, juice only

Optional: 1 tbsp honey

*You can replace with 1 tsp of chili pepper flakes, or more if you can handle it!

The kind of sweet chili sauce you find in supermarkets is loaded with sugars, starch and stabilizers. This raw sauce is a great nutritious alternative, made with natural whole foods. Dates are very sweet but contain fiber which regulates blood sugar, and red peppers are actually an excellent source of vitamin C. This sauce can be added to a variety of dishes, and keeps well in the fridge so I recommend you always have some ready!

Method: Blend it all together until smooth!



Carrot Ginger Dip



Ingredients:

1 cup cashews or walnuts,
(soaked for at least 3 hours)
250g carrots
½ cup water
¼ cup olive oil
1 clove garlic
2 tbsp fresh ginger
2 limes, juice only
1 tsp salt

Optional: 1 tbsp honey or fresh
orange juice, 1 tbsp tahina,
curry powder

- Drain nuts and rinse well.
- Blend all ingredients in a food processor until smooth.

Serving suggestion: Serve on crackers (pages 129-130) and top with fresh basil or fresh coriander leaves, it's a lovely combination!



Peanut Dip



Ingredients:

1 tbsp natural peanut butter
1 clove garlic, pressed
1 tsp grated ginger
1-2 tbsp water
1 lime, juice only
1 tbsp soy sauce, or $\frac{1}{2}$ tsp salt

Optional:
1 tbsp honey or maple syrup,
pinch of chili pepper

Mix all ingredients in a bowl until smooth.

You can also make a large batch in the blender as it keeps well for 4-5 days.

Allergic to peanuts?

Use almond butter or tahina instead!



Sweet Potato Dip

Ingredients:

1 cup sweet potato, roasted,
peeled*
1 cup carrot or beetroot,
roasted, peeled*
1 clove garlic
2 tbsp olive oil
1 tsp salt
1 tsp dried sage
1 tsp dried thyme
1 tsp rosemary
pepper to taste

Optional: fresh basil, $\frac{1}{2}$ lime,
1 tbsp tahina

*That is approx. 200g

A great low-fat alternative to creamy dips!

Once your vegetables have cooled to room temperature, blend with the other ingredients in a food processor until smooth.

Roasted Red Pepper Dip

Ingredients:

2 large red peppers
2 tbsp olive oil
2 tbsp balsamic vinegar
 $\frac{1}{4}$ cup sunflower seeds or
peeled almonds
1 small garlic clove
 $\frac{1}{2}$ tsp salt

Optional: juice of $\frac{1}{2}$ a lime,
basil leaves

To cook the peppers, you have two options:
roasting or char-grilling.

- To roast, preheat the oven on 200°C, and roast for 40 minutes, or until the skin blackens.
- To char-grill, use medium fire and leave the peppers on until the skin blackens.

Once the peppers have cooled, you can remove the skins and cut into large pieces. Use a napkin or towel to remove any excess moisture.

Transfer the peppers to a grinder or food processor with the other ingredients and blend until smooth.

This wonderfully simple dip can also be used as a sauce for sushi, burgers, falafels or salads.



Rainbow Tahina Sauce



Ingredients:

1/4 cup tahini
1/4 cup warm water
1 tbsp olive oil
1/2 tbsp vinegar
1 lime, juice only
1 garlic clove
pinch of chilli powder
pinch of cumin
salt to taste

Optional: replace the water with fresh orange juice.

Mix all ingredients in a bowl until smooth.

To make yellow tahina, add 1 tsp of turmeric.

To make pink tahina, replace the water with beetroot juice.*

To make green tahina, you can blend it with herbs, but only if you are making a big batch (3+ times this recipe). It combines very well with fresh basil and coriander.

*To make beetroot juice, you don't need a juicer – you can just grate beetroot and use a sieve to squeeze the juice out.



Basic Pesto



Ingredients:

$\frac{3}{4}$ cup walnuts or cashews
(soaked for at least 3 hours)
 $\frac{3}{4}$ cup olive oil
3 cloves of garlic
100g of basil
1 tsp salt

Drain nuts and rinse well. Blend the basil and olive oil first, for a few minutes, then add the remaining ingredients.

Tip: Add other greens like spinach and kale, it is a good way to hide them for kids who refuse to eat them!

Ginger Coriander Pesto



$\frac{3}{4}$ cup walnuts or cashews
(soaked for at least 3 hours)
 $\frac{3}{4}$ cup olive oil
2 cloves of garlic
100g of basil
1 handful coriander greens
1 piece of ginger (as big as the amount of garlic)
1 tsp salt

- Drain nuts and rinse well.
- Blend the basil, coriander and olive oil first, for a few minutes, then add the remaining ingredients.



Avocado Pesto



Ingredients:

1 avocado
2 tbsp olive oil
3 cloves of garlic
100g of basil
1 tsp salt
½ lime, juice only

This is a nut-free alternative to the traditional basil pesto.

Blend all ingredients together in a blender, until smooth.

If you find that the mixture is not blending well, you can add an additional 1-2 tbsp of oil. It works very well as a dip or as a sauce for noodles!

Tip: Add other greens like coriander, spinach or kale, it is a good way to hide them for kids who refuse to eat them!

Tzatziki Dip



Ingredients:

1 portion yoghurt (p. 141-142)
1 cucumber, sliced
1 clove garlic, pressed
1 handful of mint or dill leaves (chopped)
1 tbsp olive oil

More lemon & salt if necessary

Simply mix all the ingredients together in a bowl.
Enjoy as a dip for raw vegetables or stuffed vine leaves,
stuffed vegetables, sandwiches, etc...

Romesco Dip/Sauce



Ingredients:

¾ cup peeled almonds (soaked overnight)
¼ cup olive oil
1 tomato, roasted*
2 red peppers, roasted*
2-3 garlic cloves
2 dates
1 tbsp balsamic vinegar
1 tsp salt, or more
pinch of paprika
pinch of chili powder

- Drain and rinse the almonds very well.
 - Blend everything together in a food processor until smooth.
- It works very well as a dip or as a sauce for noodles!

*They should be roasted or grilled to be able to remove the skins. I like to roast for 1 hour on 170°C.



Raw Tomato Sauce



Ingredients:

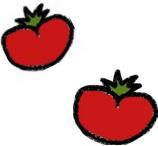
1 cup sundried tomatoes
2 medium tomatoes
 $\frac{1}{2}$ cup date paste (p. 155)
 $\frac{1}{4}$ cup apple cider vinegar
1 tbsp olive oil
1 tsp salt
 $\frac{1}{2}$ tsp onion powder
pinch of ground coriander seeds

Optional: 2 tbsp honey,
fresh basil

This sauce is a healthy alternative to Ketchup, and is very easy to make!

- Soak the sun dried tomatoes in filtered water for about 30 minutes, drain and rinse.
- Blend all ingredients together until smooth.

Tomato Sauce



Ingredients:

500 g tomato
1 onion
1 clove garlic
1 tbsp fresh basil
1 tbsp olive oil
1 tsp salt

- Blend the ingredients together very well
- Transfer to a frying pan and let it simmer on low-medium heat for about 20 minutes

Tip: It will taste better if you remove the tomato seeds

Bechamel Sauce



1 cup almond or cashew milk
1 tbsp olive oil
2 tsp starch
pinch of salt
pinch of nutmeg

- Mix the ingredients together in a bowl
- Transfer to a frying pan and cook on medium heat for about 2 minutes while stirring continuously.

Guacamole



Ingredients:

1 avocado
1 small tomato, diced
1 tbsp red onion, diced
1 tbsp olive oil
1 lime, juice only
1 tsp of salt

Optional: 1 tbsp chopped coriander leaves, and/or 1 tbsp thinly sliced hot chili pepper

In a bowl, mash the avocado with the lime juice using a fork, then add the other ingredients. Consume within 3 hours.

Serving suggestion: Cut a bell pepper in half and fill it with guacamole, or use crackers (pages 129-130) to dip!



Almond Hummus



Ingredients:

1 cup peeled almonds
(soaked overnight)
1 cup filtered water
1/4 cup olive oil
1/4 cup tahina
1 tsp cumin
1 tsp salt, or more
1/2 tsp ground coriander seeds
2 limes, juice only
1 garlic clove
pinch of chili powder

This raw alternative is much easier to digest than traditional chickpea hummus, you can also sprout the almonds for additional health benefits.

- Drain almonds and rinse well.
- Blend everything in a food processor or high-speed blender until smooth.

Want to make it pink? Replace the water with beetroot juice!



Mayonnaise



or



Ingredients:

2 organic eggs (or $\frac{1}{2}$ cup almond milk)
 $\frac{1}{2}$ cup + $\frac{1}{2}$ cup light olive oil
1 tbsp apple cider vinegar
1 lime, juice only
1 tsp mustard
1 tsp salt
pinch of black pepper

Optional: 1 egg yolk for more creaminess

- Blend the mayo ingredients, except for a half cup of olive oil. Use the blender on the lowest speed. You can also do it by hand with a whisk, but it will require some muscle!
- After a minute, start adding the second half very slowly, allowing the mixture to thicken over time.

Don't rush it! It could take 2-3 minutes.



Veggie Tartare

Ingredients:

2 eggplants (or 1 large)

2 red peppers

1 small beetroot

1 cup walnuts or sunflower seeds (soaked for 3 hours)

1 tbsp apple cider or balsamic vinegar

½ lime, juice only

1 tbsp olive oil

2 tbsp mustard

¼ cup capers

1 small red onion, diced

1 tbsp pickled cucumber

A little bit of chilli powder

Salt and pepper, to taste

Parsley, chopped

- Preheat the oven on 200°C.
- Place the vegetables, whole, in the oven and roast for about 40 minutes – until the skin begins to blacken.
- Once they're ready, and cooled, peel off the skins and remove any seeds.
- Drain the nuts and dry well.
- Using a napkin or towel, remove any excess moisture.
- Place the vegetables with everything else (except for the capers and onions) in the food processor, and blend until you reach desired smoothness.
- Dice the onions into small pieces and add along with the capers into your mix.
- Serve with pickles and parsley.

Tip: it goes very well with roast potatoes!



Baba Ghanoush

Ingredients:

2 medium eggplants*
 1/4 cup tahina
 2 tbsp olive oil
 1 lemon, juice
 1 garlic clove
 1 tbsp vinegar
 1 tsp cumin
Salt and pepper to taste

- Grill the eggplants until the skin is charred.
- Set aside to cool down.
- Once it's cooled, remove the skin and blend with all the other ingredients.

* You can replace the eggplant with 2 cups of steamed or boiled zucchini.



Caesar Salad



Ingredients:

1 head of lettuce
½ portion Caesar dressing
Optional: raw spinach or kale,
fresh dill, croutons made
from toast (p. 123-124)

Caesar dressing:
½ cup cashews
(soaked for at least 3 hours)
½ cup water
2 tbsp olive oil*
1 clove garlic
2 limes, juice only
1 tsp salt
1 pinch of black pepper
Optional: 1 pinch of seaweed
flakes

Serves 2

This simple salad is so delicious it would make anyone eat lettuce! In fact, lettuce is a great source of calcium, iron and many vitamins.

- Drain cashews and rinse well.
- Blend all together in a high speed blender until smooth.

*For an oil-free version, substitute the oil for 2 tbsp sunflower seeds



Broccoli Almond Salad



Ingredients:

1 small head of lettuce
2 cups cooked broccoli
 $\frac{1}{4}$ cup almond halves
 $\frac{1}{4}$ cup dried cranberries or goji berries

Dressing:

Mayo (page 50) or Caesar sauce (page 56)

Serves 2

This salad is packed with iron, calcium, protein and vitamins. It's great for athletes!

To make the perfect broccoli:

- First boil some water.
- Cut your broccoli into small pieces and add it to the boiling water.
- Cook for exactly 7 minutes.



Mango Quinoa Salad

Ingredients:

3 cups cooked quinoa*
1 cup mango, diced (hindu or balady types)
1 green onion, chopped
2 cucumbers, diced
2 tbsp mint leaves, thinly chopped
2 tbsp basil leaves, thinly chopped
2 tbsp olive oil
1 lime, juice only
1 tsp salt

Optional: fresh coriander, chili powder

*Before cooking the quinoa, make sure you soak it for at least an hour.

Serves 2-4

Quinoa is a great source of protein and it is technically a seed, not a grain, so it is much easier to digest. Mangoes contain many vitamins and omega-3, so the combination with rich herbs and quinoa makes this salad is a great nutritional boost for your entire system!

Note: In the winter, you can replace mango with physalis, strawberries, avocado or broccoli.



Sweet Potato Salad

Ingredients:

1 head of lettuce
2 steamed or roasted sweet potatoes
2 tbsp pumpkin seeds
Optional: raw spinach or kale

On the sweeter side, this salad would appeal more to those who have a sweet tooth and don't eat enough vegetables!

Sweet Mustard Dressing:

2 tbsp extra virgin olive oil
2 tsp maple syrup, or honey
1 tsp mustard, or more
1 tsp balsamic vinegar
1 pinch of thyme
1 pinch of sage
 $\frac{1}{2}$ tsp salt
Black pepper to taste

Serves 2



Coleslaw



or



Ingredients:

2 cups green cabbage,
shredded

1 cup purple cabbage,
shredded

1 cup carrot, grated

Mayonnaise Sauce (page 50)

Serves 4

Cabbage has more vitamin C than oranges! It is great for detoxification and disease prevention— it also makes skin and hair glow!

Once your vegetables are chopped, place them in a bowl and add the mayonnaise, and mix well.

Cover with plastic wrap and refrigerate for 3 hours before serving.

Vegan Niçoise Salad

Ingredients:

1 head of lettuce
1 steamed potato, cubed
1 ripe avocado, cubed
2 medium tomatoes, cubed
4 black or kalamata olives, halved

Optional: steamed green beans

Vinaigrette Dressing:

2 tbsp olive oil
1 tbsp mustard
1 lime, juice only
1 clove garlic
1 tsp apple cider vinegar
½ tsp salt

Black pepper to taste

Optional: 1 tbsp honey, fresh basil, fresh dill

Serves 2

Having spent most of my childhood in the South of France, the Niçoise salad is one of my childhood staples. However, since I don't like eating boiled eggs, I recreated my own version of the Niçoise, totally vegan.

This salad is perfect for those who prefer cooked food to raw food, but want to consume more greens!

Lentils & Peppers Salad

Ingredients:

1 cup cooked lentils*
1 red pepper
1 yellow pepper
1 handful parsley

Optional: 1 small red onion

Lentils contain 18g of protein in just one cup- making it one of the best vegan foods for kids and athletes. This salad also contains a lot of iron and vitamin C – it will leave you full and energized!

Cumin Dressing:

2 tbsp extra virgin olive oil
1 tbsp white vinegar
2 limes, juice only
1 clove garlic, pressed
1 tsp of cumin, or more
½ tsp salt
Optional: chili peppers

*You could replace the lentils with quinoa for an equally delicious salad.

Serves 2



Strawberry Avocado Orange Salad



Ingredients:

Mixed greens
1 cup strawberries, halved
1 avocado, cubed
2 tbsp basil leaves
Optional: Arugula leaves

Dressing:

2 tbsp olive oil
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{2}$ lime, juice only
 $\frac{1}{2}$ tsp salt

Serves 2

This gorgeous winter salad is an incredible source of vitamin C while being low in sugar. It's the sweetest remedy if you're feeling down!



Apple Walnut Salad



Ingredients:

1 head of lettuce
1 apple, sliced very thin
 $\frac{1}{4}$ cup celery stalks, diced
 $\frac{1}{2}$ cup walnuts (soaked for at least 3 hours)
Slices of hard cheese (p. 146)

Walnuts are a great source of omega-3 and apples contain many essential proteins, your skin and energy levels will love this salad!

Tip: Once you've prepared the dressing, put the apple slices in it, and stir well. When the apples absorb the dressing it makes the salad feel fresher!

Simple Dressing:

2 tbsp extra virgin olive oil
 $\frac{1}{2}$ lime, juice only
1 tsp apple cider vinegar
 $\frac{1}{2}$ tsp salt
Black pepper to taste (be generous!)

Serves 2

Mango Balsamic Salad



Ingredients:

1 head of lettuce
1 cup mango, cubed
 $\frac{1}{4}$ cup almond halves
1 small red onion, sliced
Optional: raw spinach or kale,
basil leaves

This lovely late summer salad is an incredible source of vitamin C, iron and calcium. The rich balsamic dressing will get you addicted!

Dressing:

2 tbsp olive oil
1 tbsp balsamic vinegar
 $\frac{1}{2}$ lime, juice only
 $\frac{1}{2}$ tsp salt

Serves 2

Strawberry Balsamic Salad



Ingredients:

1 head of lettuce
1 cup strawberries, halved
 $\frac{1}{4}$ cup almond halves
or pistachios
1 small red onion, sliced

Optional: raw spinach or kale,
basil leaves

This lovely winter salad is an incredible source of vitamin C, iron and calcium. The rich balsamic dressing will get you addicted!

All you need to do:

Blend the dressing ingredients together until smooth.

Dressing:

2 tbsp olive oil
1 tbsp balsamic vinegar
 $\frac{1}{2}$ cup strawberries
 $\frac{1}{2}$ lime, juice only
 $\frac{1}{2}$ tsp salt

Serves 2



Raw Falafel Salad



Ingredients:

1 head of lettuce
1 portion of raw falafel
(see below)
1 tomato, diced
1 cucumber, diced
tahina sauce (p. 36)

Optional: Flat bread (p. 132-134) to make a salad wrap

Raw Falafel:

1 ½ cups walnuts,
soaked for 3 hours
¾ cup parsley
¾ cup coriander
1 tbsp olive oil
1 clove garlic
1 tsp cumin
½ tsp ground coriander seeds
pinch of salt
sesame seeds

Serves 2

These raw falafel balls are a great substitute to the original ta'meya which is full of oil and made with beans that are hard to digest. Walnuts are an excellent source of omega-3 and you get your daily dose of greens with the parsley and coriander.

Method:

- Drain walnuts and rinse well.
- Blend all the ingredients together in a food processor until the walnuts are completely blended and the mixture starts to form. It may take a few minutes.
- Prepare a bowl with ¼ cup sesame seeds in it, they can be raw or toasted.
- Take the dough and form small balls, and throw each ball into the bowl to cover it with seeds. Leave out to dry for about 1 hour before eating. Keep refrigerated up to 3 days.



Beetroot Quinoa Bowl



Ingredients:

2 cups cooked quinoa
1 beetroot
1 cup raw spinach or kale
 $\frac{1}{2}$ portion of cashew cheese,
cubed (p. 146)
2 tbsp almond halves, or
pistachios, pine seeds or
pumpkin seeds
Optional: roasted pumpkin

High protein, sweet, fragrant, crunchy, warm... I love this flavourful combination of winter crops! Easy to assemble, deliciously enjoyable and will leave you feeling full and satisfied!

- Boil or steam the beetroot until it becomes very tender (that's when it becomes easy to slice).
- Set aside to cool down, then cut into cubes.
- Combine the beetroot with the quinoa and the greens.
- Add the cheese, the dressing and some nuts or seeds.

Dressing:

2 tbsp olive oil
1 garlic clove, pressed
 $\frac{1}{2}$ lime, juice only
 $\frac{1}{2}$ tsp salt
1 pinch of thyme

...or dress instead with
mayo (p. 50) or tahina (p. 36)

Serves 2



Grape & Purslane Salad



Ingredients:

2 cups chopped purslane
½ cup cheese cubes (p. 146)
½ cup grapes

This is a lovely fresh summer salad! I recommend growing your own purslane because it grows easily and it is a very good source of omega-3.

Dressing:

1 tbsp apple vinegar
2 tbsp olive oil
Pinch of oregano
Salt and pepper to taste

Optional: pumpkin or sunflower seeds

Serves 2



Summer Rolls



Ingredients:

5-8 rice paper sheets
1 carrot
1 cucumber
½ red pepper, thinly sliced
½ yellow pepper, thinly sliced
1 ripe avocado, slices
about 5 mm thick
1 tbsp mint leaves,
thinly chopped
1 tbsp basil leaves,
thinly chopped

Optional: 1 lettuce leaf per roll,
sesame seeds, bean sprouts,
red cabbage

Serves 2

- Start by cutting your vegetables. Use a julienne slicer for the cucumber and carrots, as it will give you the thinnest slices possible, which looks and tastes better!
- Mix all the vegetables together with the herbs.
- Fill a large bowl or a pan with tap water.
- Take a rice paper sheet and put it in the water for about 10 seconds.
- Then lay it flat on a plate, and put a handful of these ingredients (mixed) in the center.
- Fold the sides inwards and close the roll carefully – it should be tight but not too tight or it will tear!

Serve with peanut dip (page 32) or sweet chili sauce (page 28).



Chard Rolls



Use the filling of the summer rolls (p. 80) or raw falafel (p. 74) and place it in a large Swiss chard leaf. Beetroot leaves also work well for this but are sometimes smaller.

Serve with any dip of your choice. I recommend you put the dip inside as a filling so that the roll holds itself well. I love combining the raw falafel with almond hummus (p. 48)!

Cabbage Rolls



Use the filling of the summer rolls (p. 80) and place it on large cabbage leaves. You can use either red or white cabbage. If you like it crunchy, use raw cabbage, otherwise steam the cabbage leaves for just 5 minutes so they can be easier to roll, and also easier to digest.

Serve with any dip of your choice.



Main Dishes

Sushi Maki

Ingredients:

To prepare the rice:

- 1 cup of white rice
- 1 ½ cup of hot water
- 1 tbsp coconut oil
- pinch of salt

Egyptian Roll

2 mushrooms, cooked or raw,

thinly sliced

1 date, thinly sliced

½ cucumber, thinly sliced

¼ of an avocado, slices

½ cm thick

Or ...

For all sushi items (for this recipe and those on the following pages) you will need to prepare rice for sushi. It is meant to be done with Japanese rice and seasoning, however, I like to do it with fried Egyptian rice. You could use typically cooked brown rice instead.

I only present the combinations of flavours that I have developed for sushi, so if you do not know how to roll sushi, I suggest you look up videos on the Internet. It's very simple but it requires practice!

- Wash the rice or soak it for 10 minutes before cooking. Make sure to rinse it well.
- Place half of it in a cooking pot with the oil and stir until some grains turn golden, it will take about 5 minutes on medium heat.
- Add the other half of the rice and water, and cook on high fire until it boils.
- Cover and simmer on low heat for 20-25 minutes. Before turning off the heat, taste to make sure that the grains are all soft. This amount is enough to make 4-5 rolls.

When your rice is cooked and you're ready to roll, pick one of the following vegetable combinations for your filling. Each one of these makes one roll.

California Roll

½ carrot, grated
1 tbsp Caesar sauce (p. 56) or
mayo (p. 50)
¼ avocado, sliced lengthwise

Mix the carrots with the sauce
before adding to the roll.

Or

Tropical Roll

½ a watermelon steak (p. 114)
1 tsp grated ginger
1 tbsp basil leaves

Enjoy with soy sauce and pickled ginger. If you want to add a creamy sauce, why not add some Caesar dressing or Mayo? This is also a good replacement if you cannot consume soy.

Tip: To make yellow or pink rice, throw in 1 tsp turmeric or a slice of juicy beetroot into the rice pot once it's cooked and stir.

Sushi Ura Maki

Ura Maki rolls are inside out rolls, meaning that the rice is outside and the seaweed is inside, around the vegetables. It is actually much easier to do than it seems, you will find plenty of videos to explain the process, but again, it comes with practice. You will need less rice than for the regular rolls, but the same amount of filling.

I love rolling Ura Maki in toasted sesame seeds! You can also top the Ura Maki with slices of avocado, mango, roasted peppers or watermelon (page 114).



Sweet Potato Fajitas

Ingredients:

200g sweet potato
1 white onion, sliced
4 garlic cloves, grated
1 tbsp grated ginger
2 tbsp olive or coconut oil
1 tomato, sliced
1 bell pepper, sliced
1 cup mushrooms, sliced
1 orange, juice only
2 tbsp soy sauce
1 tbsp curry powder
1 tsp cumin
1 tsp paprika
1 tsp pepper
1 tsp salt
Hot chili powder to taste

- Cut the sweet potatoes into very thin slices (3 mm).
- Fry in oil, along with garlic, ginger and onion.
- Keep stirring until the onions become translucent.
- Add the tomato, bell pepper and mushrooms.
- Stir for a few minutes then add all other ingredients.
- Cook for twenty minutes or until the sweet potato is tender.

Serve with Flatbread (pages 132-134) and Coriander Ginger Pesto (page 38).



Cooking Time:

Under 1 hour

Serves: 2



Vegan Shawarma Wrap

Ingredients:

1 medium onion, sliced
2 tomatoes
2 peppers, any colour, sliced
1 cup spinach and/or kale
2 garlic cloves, finely chopped
1 tsp salt
1 tsp paprika
pinch of ground coriander
pinch of cardamom
pinch of pepper
pinch of chili powder

Fresh coriander leaves for garnish

Optional: cucumber pickles,
mini burger balls (p. 100)

- Fry the onion with the garlic in coconut or olive oil. Keep stirring occasionally.
- Once the onions are transparent and the peppers have softened, slice the tomato into eighths and add to the pan.
- Stir for a minute, then add the peppers, garlic and spices.
- Stir fry for about 3 more minutes, then add the greens.
- As soon as the greens have softened, turn off the fire.

Wrap in bread (p. 134-132) with either Almond Hummus (p. 48) or Tahina sauce (p. 36)



Cooking Time:
Under 1 hour
Serves: 2



Bolognese Sauce

Ingredients:

1 onion
1 carrot
500g tomato
1 cup water
1 clove garlic
1 tbsp fresh basil
1 tbsp olive oil
 $\frac{1}{2}$ tsp salt
1 cup of walnuts
(soaked for 3 hours)

- Chop the onion and carrots into very small cubes (or use a food processor).
- Stir-fry them with olive oil for about 5 minutes, or until the onions become translucent.
- Cut the tomatoes in quarters and remove the seeds.
- Blend the tomatoes with the water and garlic for a minute, then pour the mixture onto the frying pan.
- Cook over medium fire for 30 minutes. Stir occasionally.
- Drain and rinse the walnuts well, then blend them in a food processor until they turn into a gritty flour.
- Add them to the sauce, along with the basil, and cook together for another minute, stirring well.



Cooking Time:
Under 1 hour
Serves: 2

Allergic to nuts?

You can replace them with
1 cup of cooked lentils.





Vegetable Lasagna



Ingredients:

Zucchini sheets:
1kg zucchini
2 tbsp olive oil
salt and pepper

Tomato sauce (p. 45)

Bechamel Sauce (p. 45)
or Melting Cheese (p. 148)

Bolognese sauce (p. 92)

For this recipe, preparation is key!

To save a lot of time, make sure all sauces are ready (in their full amounts)

- Preheat the oven on 180°C.
- Wash the zucchini and slice lengthwise into pieces 3-5 mm thick. Sprinkle with salt and pepper.
- Brush an oven tray with olive oil and place the zucchini pieces on it, and bake for 10 minutes in the upper part of the oven (or grill). You will probably have to refill the tray and repeat the process, unless your oven is huge!
- Once all the zucchinis have been cooked, set aside.
- Keep the oven on!

Place the layers in an oven tray in this order:

Zucchini, Bolognese sauce, Zucchini, Tomato sauce,
Zucchini, Tomato sauce, Bechamel sauce.

Bake for at least 30 minutes.



Cooking Time:

1 - 2 hours

Serves: 4



Creamy Mushroom Noodles



Ingredients:

200g rice stick noodles
200g mushrooms
2 tbsp olive oil
1 clove garlic
1 tsp dried thyme
1 handful parsley, chopped
pinch of salt

Sauce ingredients:

1/4 cup cashews (soaked for at least 3 hours)
1 cup water
2 tbsp olive oil
1 pinch of nutmeg
1 pinch of pepper
1/2 tsp salt
1 tsp starch

- Drain cashews and rinse well.
- Cook the noodles as instructed on the pack.
- Meanwhile, blend the sauce ingredients together and keep aside.
- Sauté the mushrooms in olive oil with garlic, thyme, and salt.
- Keep stirring for about 5 minutes until the mushrooms soften.
- Take out half the mushrooms and reserve in a bowl, then add the cashew mixture onto the pan and simmer for 5 minutes.
- Add the noodles and mix everything together, then add the reserved half of the mushrooms.

Serve and top with parsley.



Cooking Time:

Under 1 hour

Serves: 2



Mushroom Risotto

Ingredients:

1 cup brown rice
1 small onion, diced
4 cups vegan broth or water
2 tbsp olive oil
250g mushrooms, diced
4 cloves garlic, chopped
2 tbsp olive oil
1 tsp salt
1 tsp sage
1 tsp thyme

Freshly ground pepper to taste

Optional: ¼ cup cashew cheese (p. 146)

- Fry the onion with the rice in olive oil, in a large pot on medium heat. Keep stirring for a few minutes.
- Add the broth –or water- and bring to a boil.
- Cover the pot and let it simmer on low heat for 40 minutes.
- Meanwhile, in another pan, fry the mushrooms with garlic and salt in olive oil. Give them about 10 minutes until they soften.
- Once the 40 minutes have passed, add the mushrooms along with the herbs. Stir occasionally for 10-15 minutes for the rice to soak up the flavor of the mushroom.
- Drizzle with more olive oil or cheese, and some freshly ground pepper.

Tip: Soak the rice beforehand overnight for best results (and shorter cooking time).



Cooking Time:

1 hour

Serves: 2-4

Spiced Basmati Pilaf

Ingredients:

1 cup basmati rice
1 tbsp coconut oil
2 tbsp raisins (or more!)
1 tsp turmeric powder
1 cinnamon stick
1 bay leaf
4 cloves
4 cardamom pods
1 tsp salt
2 cups water

Optional: 2 tbsp almond halves
and/or pistachios

Gently fry the rice in coconut oil for 30 seconds, then add all the spices, raisins, and water.

Let it boil, then cover and simmer for 15 minutes.

Top with more nuts, if desired.



Cooking Time:

Under 1 hour

Serves: 2-4

Beetroot Burger

Ingredients:

250g beetroot
1 large onion
4 cloves garlic
2 tbsp olive oil
1 tsp salt

1 ½ cup cooked quinoa or black-eyed peas
½ cup rice or oat flour
¼ cup ground flax seeds
1 handful parsley, chopped

Sauce ingredients:

1 tbsp balsamic vinegar
1 tbsp mustard
2 tbsp water
1 tbsp dried herbs of choice
1 tsp paprika
1 tsp cacao
½ tsp pepper
½ tsp coriander
pinch cinnamon
pinch nutmeg

- Throw the onions, beetroot, and garlic in a food processor and blend until the pieces are less than 5mm thick.
- Fry on low-medium heat, with salt and olive oil, for 5 minutes; the onions should become transparent.
- Transfer to a big bowl and wait until it cools down.
- Meanwhile you can mix the sauce ingredients together in a bowl.
- Once it's ready, place everything together in a big bowl and mix until you get a sticky mixture that holds itself well.
- Adjust salt to taste.
- Form into burger patties or small "meatballs". You can make any shape you like!

The patties can store in the fridge for up to 5 days, or you can freeze them for months.

To cook, generously coat a pan with coconut oil and fry for 5 minutes on each side.



Cooking Time:
Under 1 hour
Serves: 4



Mushroom Burger

Ingredients:

1 large onion
200g mushrooms
 $\frac{1}{4}$ cup olive oil
4 garlic cloves
2 tbsp olive oil
1 tsp salt

1 cup cooked lentils or black-eyed peas
1 cup oats or rice flour
 $\frac{1}{4}$ cup ground flax seeds
1 handful parsley, finely chopped

Sauce ingredients:

2 tbsp tomato paste
2 tbsp water
1 tbsp balsamic vinegar
1 tbsp soy sauce, or mustard
1 tbsp any dried herbs
1 tsp paprika
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{2}$ tsp coriander
 $\frac{1}{2}$ tsp cacao
pinch of cinnamon
pinch of nutmeg

- Throw the onions, mushrooms, and garlic in a food processor and blend until the pieces are less than 5mm thick.
- Fry on low-medium heat, with salt and olive oil, for 5 minutes; the onions should become transparent.
- Transfer to a big bowl and wait until it cools down.
- Meanwhile you can mix the sauce ingredients together in a bowl.
- Once it's ready, place everything together in a big bowl and mix until you get a sticky mixture that holds itself well.
- Adjust salt to taste.
- Form into burger patties or small "meatballs". You can make any shape you like!

The patties can store in the fridge for up to 5 days, or you can freeze them for months.

To cook, generously coat a pan with coconut oil and fry for 5 minutes on each side.



Cooking Time:

Under 1 hour

Serves: 4



Pizza



Ingredients:

Crust:
(choose from p. 135)

Tomato sauce:
500g tomatoes
1 clove garlic
1 tsp salt
1 tsp dried oregano
2 tbsp fresh basil
1 tbsp olive oil

Cheese:
1 cup melting cheese
(p. 148)

Cooking Time:
Under 1 hour

Serves: **2**



Start by making the tomato sauce:

- Blend all ingredients except the basil then cook in a large pan over medium fire for 5 minutes until it thickens, then add the basil. Set aside once it has achieved desired consistency.

- Preheat the oven at 200°C.
- Prepare two pizza crusts and spread on a baking paper sheet: the thinner, the better! They can reach about 25cm diameter each. You can use a plastic sheet on top to help even it out.
- Spread sauce generously, add half a cup of melting cheese for each pizza and top with dried herbs. You can add any other toppings you wish over the cheese, e.g.: sautéed mushroom, sautéed spinach, pineapple slices, red peppers, etc.
- Cook for about 15 - 20 minutes.

Tip: If you want to feed vegetables to a picky eater, try hiding them under the cheese!



Coconut Vegetable Curry

Ingredients:

4 cloves garlic, finely chopped
2 tbsp grated ginger
2 medium tomatoes
1 small onion
2 tbsp coconut or raw sesame oil
2 tbsp curry powder
4 cups of vegetables*
2 cups coconut milk
1 tbsp sweetener of choice
1 tbsp fresh basil
1 handful spinach or kale
 $\frac{1}{2}$ lime, juice only
salt to taste

Optional: 1 stalk of lemongrass
chili powder or hot peppers

- Fry the garlic, ginger, tomato and onion to a large pan or pot on medium heat.
- Keep stirring for 2 minutes, then add the vegetables*, salt and the curry powder. Stir for another minute or two.
- Add the coconut milk and let simmer for about 10 minutes.
- Add in the greens and sweetener, and taste to see if you need to add more salt.

* My favourite combination is broccoli, carrot, peas and mushrooms. I also like sweet potato and eggplant in curries but it's better to boil them before and then add them to the rest.

Serving suggestion: Enjoy with basmati rice or noodles.



Cooking Time:
Under 1 hour
Serves: 2-4



Pad Thai Noodles

Ingredients:

200g rice stick noodles
2 cloves garlic
2 tbsp grated ginger
2 tbsp coconut oil
(or raw sesame oil)
1 green onion
2 cups vegetables
of your choice*
2 tbsp soy sauce or 1 tsp salt
2 tbsp date paste
2 tbsp crushed peanuts
1 handful soybean sprouts
1 handful fresh coriander
1 lime

Optional toppings: hot pepper,
fresh basil, sesame seeds,
1 fried egg

- Cook the noodles as instructed on the pack, and set aside.
- Meanwhile, chop the vegetables into small slices and fry with garlic and ginger on high heat, for about 2 minutes. You can use coconut or sesame oil.
- Add the noodles and bean sprouts in, then the soy sauce and date paste. Stir for another minute.
- Serve with crushed peanuts, lime and the toppings of your choice.

* In this recipe I love to use broccoli florets, carrots, mushrooms and/or cabbage.



Cooking Time:

Under 1 hour

Serves: 2



Potato Pie

Ingredients:

Crust:

1 ½ cup gluten-free flour mix
1 cup spinach or kale
½ cup olive or coconut oil
½ tsp salt

Filling:

1 onion, sliced
2 leeks, sliced
1 tbsp olive oil
1 tsp salt
pepper to taste
2 cups of mashed potato
1 cup any vegan milk

Optional: any vegetable you love!



Cooking Time:

1 hour

Serves: 4

- Preheat the oven on 180°C.

- Blend the ingredients for the crust in a food processor.
- Prepare a cake or cupcake tray lined with baking paper, and gently press the dough to create a crust.
- Make sure you leave an edge of approx. 1 cm height.
- Bake for 10 minutes.

- Meanwhile, sauté the onions and leeks in olive oil with salt and pepper, until they become translucent.

- Mix the mash potato and milk by hand, until smooth.
- Add it to the pan and stir until well combined.
- When the crust is ready, add this vegetable mixture and return to the oven to bake for 30 minutes.

If you want to hide more vegetables in this pie, place them under the potato layer! Kids won't even notice!



Vegetable Quiche



Ingredients:

Crust:

1 ½ cup gluten-free flour mix
1 cup spinach or kale
½ cup olive or coconut oil
½ tsp salt

Filling:

1 tbsp olive oil
1 onion, diced
1 bell pepper, diced
½ cup sun-dried tomato slices
(or olives halves)
4 organic eggs
1 tsp salt
pinch of pepper
pinch of oregano
½ cup any vegan milk
1 handful parsley, chopped

- Preheat the oven on 180°C.

- Blend the ingredients for the crust in a food processor.
- Prepare a cake or cupcake tray lined with baking paper, and gently press the dough to create a crust.
- Make sure you leave an edge of approx. 1 cm height.
- Bake for 10 minutes.

- Meanwhile, sauté the onions and peppers in olive oil for 5 minutes, or until the onions become translucent.
- Whisk the eggs and milk in a bowl
- Add the other ingredients and the cooked vegetables. Mix until you obtain a uniform mixture.
- When the crust is ready, add this mixture and return to the oven to bake for 30 minutes.

If you want to hide more vegetables in this quiche, kids won't even notice!



Cooking Time:

1 hour

Serves: 4

Loaded Potato Skins



Ingredients:

500g potatoes
2 tbsp olive or coconut oil
salt and pepper to taste

½ portion Bolognese sauce
(p. 92)
¼ portion melting cheese
(p. 148)

Optional: 1 cup small diced vegetables

- Preheat the oven on 180°C.
- Boil or steam the potatoes until soft.
- Cut each potato in half and carefully scoop out the inside, leaving a 3-4mm edge. You can reserve the inside of the potatoes for the pie (page 110).
- With your fingers, gently cover the potatoes with oil and season with salt and pepper.
- Fill each potato with bolognese sauce, and top with a spoon of melting cheese.
- Return to the oven and bake for about 20-25 minutes, until the edges are golden and crispy.



Cooking Time:

1 hour

Serves: 2

Watermelon Steaks

Ingredients:

4 pieces of watermelon (about 2 cm thick and 10 cm long)
2 garlic cloves, sliced very thin
2 tbsp olive oil
2 tbsp rosemary
1 tbsp thyme
1 tbsp oregano
1 tbsp basil, dried or fresh
salt & pepper to taste

Optional: 2 tbsp soy sauce,
2 tsp balsamic vinegar

- Mix all the ingredients, except the watermelon, in a bowl or box.
- Place the watermelon pieces inside and coat well with the oil-herb mixture. Try to remove any seeds you can see.
- Pre-heat the oven to 150°C and let the watermelon marinate for about 30 minutes, then place on a tray in the oven.
- Cook for 1 hour then flip the pieces and cook for another 2 hours. You can eat them right away or store in the fridge for up to 5 days.

Serving suggestion: Enjoy these steaks with mustard or mushroom sauce or pepper sauce.



Cooking Time:

3-4 hours

Serves: 2



Eggplant Rolls

Ingredients:

1 kg eggplant
1/4 cup olive oil
sea salt
pepper

1 portion Bolognese sauce
(p. 92)

Optional:

1/2 portion tomato sauce (p. 45)

- Preheat your oven to broil.
- Start by cutting the eggplant into long slices, 1 cm thick, and place them in a colander. Salt them generously, and rub with your hands to ensure an even distribution. Leave it for half an hour, as the salt will drain all the excess moisture from the eggplant.
- Lightly coat each eggplant slice with olive oil and arrange on an oven tray (or two!). Broil for 4 minutes on each side, or until they turn slightly golden.

- Set your oven to 180°C.
- Let the eggplant cool down, then place a tbsp. of the Bolognese sauce in the center of each strip and roll it.
- Repeat the process for all the eggplant slices, and arrange them in a baking tray.
- You may cover the contents of your tray with more tomato sauce, though I find that optional.
- Bake at 180°C for 20 minutes.



Cooking Time:

1 hour

Serves: 2



Mushroom Gravy

Ingredients:

250g mushrooms, sliced
1 large onion, thin slices
1 garlic clove, thin slices
4 tbsp coconut or olive oil
 1 cup vegetable broth
 ½ cup any vegan milk
 2 tbsp soy sauce
 1 tsp balsamic vinegar
 1 tsp salt, or more
 1 tsp black pepper
 2 tbsp starch
 pinch of sage
 pinch of thyme

- Stir-fry the onions in 2 tbsp of oil, until they turn golden (about 10-15 minutes)
- Add the garlic and mushrooms, and 2 tbsp of oil, and stir for about 5-10 minutes on medium fire.
- Once you see that the mushrooms are soft, add the broth, soy sauce, salt, pepper and herbs.
- Stir well, then add the starch and milk, and let it simmer for about 10 minutes.
- Keep stirring in the meanwhile to ensure that the starch is well dissolved.

Enjoy with broccoli, potato buns (page 128) or watermelon steaks (page 114)

Cooking Time:

30 minutes

Serves: 2





Gluten-free Breads



Review page 7 for the gluten-free flour options

Almond Flour



Ingredients:

Raw almonds
(1 cup, or more)

You can buy ready-made almond flour or you can make your own. Making it at home is much cheaper and quite simple, but it does take a bit of time. I suggest you make a large batch and keep it in a jar in the fridge or in a box in the freezer.

All you need to do is add almonds to boiling water for exactly 1 minute. Drain the almonds, let them cool and then peel them. Leave them on the counter for a few hours to dry or use very low heat in the oven or on the stove. Once they are dry and have cooled down, grind them into a sand-like flour using a grinder, food processor or a strong blender.

You may need to sieve the resulting flour to remove any larger pieces that did not blend. You can then blend them again or use them in salads or desserts!

Note: Be patient with the blender, it's better to use a medium speed for a few minutes. Avoid over-blending as it will turn your almonds into almond butter!

Very honest tip: You can omit the peeling part! But keep in mind that peeled almonds will give a sweeter result and a richer texture.

Flax Gel

Egg Replacement

Ingredients:

1/4 cup flax seeds
2 cups of water

You can easily replace eggs in baking with this flax “egg” recipe - it works well for cakes, cookies, crusts and waffles.

This method needs some preparation in advance. A quarter cup of mixture creates the equivalent of 1 egg.

Note: it really only works as an egg substitute for baking, please do not try to make an omelette with this!!

Method:

- Boil 2 cups of water.
- Add 1/4 cup of whole flax seeds (equal to 4 tbsp).
- Reduce the heat to medium and keep stirring occasionally.
- After a few minutes, a white foam will begin to surface. Give it a few seconds then turn off the stove.
- Strain the mixture through a sieve, and put the flax seeds aside (you could add them to a smoothie!)
- Allow the liquid to cool then place it in the fridge, it stays good for up to a week.

Tip: You can also freeze it by placing the mixture in an ice cube tray.

Almond Toast



Ingredients:

2 cups almond flour
(see page 121)
2 tbsp starch
4 organic eggs
½ cup water, or more
¼ cup ground flax seeds
½ tsp baking soda
1 tsp baking powder

- Preheat the oven on 180°C.
- Blend all the ingredients together either in a blender or with a whisk. Make sure the mixture is lump-free.
- Bake for 45-50 min, then let it cool for at least an hour before serving.

How to know if the toast is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!

Zucchini Toast

Ingredients:

1 ½ cup gluten-free flour mix
2 organic eggs*
250g zucchini
¼ cup olive oil
1 tsp baking powder
½ tsp baking soda

* or ½ cup flax gel (p. 122)

- Preheat the oven on 180°C.
- Mix the flour together with the flax, baking soda and powder.
- In a blender, blend the zucchini with the eggs and oil.
- Combine everything in a bowl and mix well, then transfer to a toast tray and bake for 35-45 minutes.

Tip: Use a spoon to gently wet the surface of the dough, it will prevent cracking.

How to know if the toast is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!



Zucchini Buns

Ingredients:

1 ½ cup gluten free flour mix
2 tbsp ground psyllium husks*

1 tsp baking powder
½ tsp baking soda

½ cup water
250g zucchini

* Psyllium husks are sold as a supplement, and can easily be ordered online from abroad.

- Preheat the oven on 180°C.
- Mix the flour together with the baking soda and powder.
- In a blender, separately blend the zucchini with water – do NOT add more water, you will need a strong blender for this.
- Combine everything in a bowl and mix well, the dough will be quite thick.
- Let it sit for 10 minutes to get even thicker.
- Oil your hands and form 4-5 balls of dough, and place them on an oven tray lined with baking paper.
- Bake for 40 minutes.



Potato Burger Buns

Ingredients:

For 1 burger:

1 medium potato
2 tbsp coconut oil
pinch of salt and pepper

I find this to be a fun way of eating your potatoes with a burger, while omitting the bread completely. You will feel much lighter!

- Peel the potato and wash well under cold water
- Grate the potato.
- Add salt and pepper, mix well, then separate the potato slices into two piles.
- Heat a pan on medium fire and fry the potatoes in oil, creating a pancake shape, flat and round.
- Fry for a few minutes on each side, until golden and crispy on the edges.

Tip: Using a wooden spoon or spatula, press down on the potato slices while they cook, to allow them to stick to each other well – you don't want them to fall apart!

Crackers

Ingredients:

1 cup gluten-free flour mix
 1/4 cup water
 2 tbsp olive oil
 pinch of salt

Optional: any dried herbs,
cumin, sesame seeds,
fennel seeds

- Preheat the oven on 180°C.
- Mix all ingredients together in a bowl until well combined.
- Spread onto a baking paper sheet, on an oven tray.
- Try to make it as thin as possible using a rolling pin.
- With a knife, make a soft cut (you can make squares or triangles) then bake for 30 minutes.

Seed Crackers

Ingredients:

100g zucchini, tomato, or carrot
1/4 cup ground flax seeds
1/2 cup pumpkin seeds
3/4 cup water
1 tbsp olive oil
pinch of salt

Optional: any dried herbs,
cumin, sesame seeds,
fennel seeds

- Preheat the oven on 100°C.
- Mix all ingredients together in a food processor until well combined.
- Spread onto a baking paper sheet, on an oven tray.
- Try to make it as thin as possible using a rolling pin.
- Bake for an hour, then take it out, flip upside down and remove the baking paper.
- With a knife, make a soft cut (you can make squares or triangles) then return to the oven and bake for another hour.



Indian Flatbread

Ingredients:

For 6 flat breads:

$\frac{1}{2}$ cup lentils, brown or orange
 $\frac{1}{2}$ cup rice, brown or white

For softer bread that is easier to roll, for wraps, use white rice with orange lentils.

OR

$\frac{1}{2}$ cup rice, brown or white
 $\frac{1}{2}$ cup quinoa

- Soak the lentils and rice together overnight, in tap or filtered water.
- The next day, drain and rinse them, and blend with 1 cup of water* to make a thick batter. You may add some salt, pepper, garlic, or any herbs and spices.
- Heat a non-stick pan and apply a few drops of oil, and cook thin crepes for about 2 minutes each, flipping halfway through. You will need to apply some more oil between each batch.
- If you want a crispy bread, let it cook for longer on low heat until the edges become crispy and golden brown.

* Or any vegan milk for a tastier bread.



Quick & Easy Wraps



Ingredients:

For 6 flat breads:

1 cup any gluten-free flour mix
1 ¼ cup any vegan milk*
Pinch of salt & pepper

*If you don't have milk you can
use 1 cup of water and 1 egg

- Whisk the flour and milk together well in a bowl - or blender.
- Heat a non-stick pan and add in 3 large spoonfuls of the batter, to create a large thin round. Try to make it as thin as possible!
- Cook for about a minute on each side, it has to be soft so that it will be easy to wrap.

Note: if you are using eggs, it will only require 30 seconds on each side.

Green Wraps



1 cup gluten-free flour
1 cup any vegan milk*
½ cup spinach or parsley
Pinch of salt & pepper
1 tsp lemon juice

*If you don't have milk you can
use ¾ cup water and 1 egg

- Blend all ingredients until you obtain a smooth mixture.
- Heat a non-stick pan and add in 3 large spoonfuls of the batter, to create a large thin round.
- Cook for about a minute on each side, it has to be soft so that it will be easy to wrap.

Note: if you are using eggs, it will only require 30 seconds on each side.

Simple Pizza Dough



Ingredients:

1 ½ cup gluten free flour mix
½ - ¾ cup water
1 tbsp ground flax seeds
1 tbsp olive oil
pinch of salt
pinch of thyme

Mix all ingredients together in a bowl until well combined.

Note: The dough should be very easy to shape with your hands. If it is sticky, you will need to add more flour.

Oats & Zucchini Pizza Dough



250g zucchini
1 ½ cup oat flour
1 tbsp olive oil
1 tbsp starch (tapioca or potato)
pinch of salt
pinch of thyme

Blend all the ingredients together in a food processor until it forms a ball of firm dough.

You need to bake the crust first on its own, once you have spread it out on a baking sheet of paper. Bake for five minutes on 200°C; then take it out and add the toppings, and bake again (see page 104).

Alternatives To Dairy

Almond Milk



Soak 1 cup almonds in tap or filtered water, for at least 5 hours.

Drain and rinse almonds well, then blend with 3 cups of filtered water in a strong blender. You will obtain a white liquid with lots of almond particles floating in it – you'll want to remove them!

To strain the milk, you can use a cheesecloth or towel (or even an old shirt!). The easiest way to do that is to place your fabric on a sieve over a big bowl. Help it strain faster using a spoon.

It all should be ready in less than 10 minutes!

Tip: Don't throw away the almond pulp! It can be dried and used in granola (page 178).

How? Place the almond pulp on an oven tray, spreading it well over the whole surface. You can either place it in front of a fan and let it dry out in 4 hours, or put in the oven on the lowest setting (less than 100°C) with the door open, which takes about 2 hours.

If using the oven method, make sure the almond doesn't actually roast, just dry up.

Cashew Milk



You can use the same process as for the almond milk (above recipe) or, if you have a strong blender, you can simply blend the cashews until they completely dissolve in the water and you end up with a deliciously thicker milk.

In my opinion, cashew milk is the best milk for coffee, especially iced coffee.



Coconut Milk



Soak 2 cups grated coconut in 4 cups of warm water, wait at least 10 minutes. Then pour the contents through a juicer, or blend and then sieve through a cheesecloth or towel.

For cooking purposes, only use 2 cups of water (the milk will be thicker and more suitable for curries and ice creams.)

Don't throw away the coconut pulp! It can be dried and ground to make delicious desserts.

Seed Milk



This recipe does not require soaking so it is much faster and also the cheapest of all milk options.

Blend 1 cup of sesame or pumpkin seeds with 3 cups of water, then sieve through a cheesecloth or towel.



Golden Milk

Ingredients:

1 cup coconut milk
(or other kind*)
1 tsp turmeric powder
pinch of black pepper
pinch of cinnamon

Optional: 1/4 tsp vanilla,
1 cardamom pod,
1 tsp grated fresh ginger

Heat all the ingredients in a pot on low fire. If you wish to sweeten it, you can add some honey or maple syrup at the end.

*If you are using another type of milk, simply add 1 tbsp of coconut oil

Quick Yoghurt



2 cups cashew or almond milk
1/4 cup of starch
1 tbsp coconut oil
pinch of salt
1 lime, juice only
Optional: 1/2 cup cashews,
soaked for at least 3 hours

- Blend all ingredients, except the lime juice, until completely mixed, then transfer to a frying pan.
- Cook on low heat for 5 minutes and stir regularly.
- Add the lime juice.
- Keep stirring until you achieve the desired thickness.
- Store in the fridge for up to a week.

Yoghurt



Ingredients:

1 cup cashews (soaked for at least 8 hours)
1 cup water
1 tbsp coconut oil
1 lime, juice only
1 tsp salt

- Drain cashews and rinse well.
- Blend all ingredients in a blender until smooth.
- You will have to dry the mixture for it to be thicker. Use the method described on page 8 to strain. Leave it for 4 hours.

Labnah



Same recipe and process as the yoghurt recipe, but leave it to thicken overnight or for 8 hours.

To serve, drizzle with olive oil and sprinkle with Middle Eastern zaa'tar. You may need to add more lime and adjust salt to taste. This recipe is delicious flatbread (page 132)!



Creamy Cashew Cheese



Ingredients:

1 cup cashews* (soaked
for 3 hours)

½ cup water

2 tbsp olive oil

1 tsp salt

1 tbsp dried herbs (oregano,
basil, thyme, or a mix)

Optional: 1 clove garlic, 1 tbsp
nutritional yeast

* You can use peeled almonds
instead of cashews, only for
this recipe.

This recipe takes 2 days for you to get a perfect cheese.
Don't be discouraged! It takes time but very little effort,
all you have to do is wait!

- Drain cashews and rinse well.
- Blend all the ingredients together, adding a little bit more water if necessary. You will have to dry the mixture for it to be thicker. Use the method described on page 8 to strain.
- Leave it outside on the counter for 24 hours, and then move it to the fridge for another 24 hours.



To make shapes:

After the 48 hours have passed, use a mold and baking paper to create the shape you want. It should keep its shape very easily. Then use a fan to allow it to dry and create a hard crust –it should take 2 hours.



Hard Cashew Cheese



Ingredients:

2 cups cashews (soaked for 3 hours)
1/4 cup olive oil
1 tsp salt, or more
1 lime, juice only
1 tbsp dried herbs (oregano, basil, thyme, or a mix)

Optional: 1 garlic clove,
1 tbsp nutritional yeast,
1 tbsp coconut oil

This is another method to make vegan cheese using a food processor. The result is not as creamy (it's more similar to hummus) but it does save a lot of time.

- Drain the nuts and rinse well.
- Prepare a baking paper sheet inside a bowl or box.
- Keep blending the ingredients together in a food processor until very smooth, then transfer onto a baking sheet.
- Fold it to create the shape you want (round or square) by hand, or by using a mold.
- Refrigerate for at least 4 hours before eating.

Tip: adding some coconut oil makes the cheese extra firm!

For a harder cheese:

If you want something similar to parmesan, take your cheese out of the fridge, spread it out over a baking sheet on your countertop and leave it to dry in front of a fan overnight.



Melting Cheese



Ingredients:

1 cup cashews (soaked
for 3 hours)

2 cups water

¼ cup olive oil
1 tsp salt

1 tbsp of starch (tapioca, rice
or other)

Optional: 1 tbsp nutritional
yeast, 1 tbsp dried herbs, 1 tsp
paprika, 1 tsp cumin (if you
add all of these, you will get a
perfect cheese dip for nachos!)

This recipe takes even less time but gives you a completely different result! This cheese can be used for pizza and other oven dishes or as a dip.

- Drain cashews and rinse well.
- Blend all ingredients together until completely mixed, then transfer to a frying pan.
- Cook on medium heat for 5 minutes while stirring constantly. You will notice that it begins to thicken... this is how you get a cheesy texture!



Sweets

Cashew Cream



Ingredients:

1 cup cashews (soaked for 3 hours)
1/4 cup date paste, honey or maple syrup
1/4 cup water

Optional: 1/2 lime, vanilla, 2 tbsp cacao powder, 1 tbsp cacao butter or coconut oil

- Drain cashews and rinse well.
- Blend everything together until smooth, it may take some time, be patient! Refrigerate for at least 2 hours before using.

Tip: To make it colourful, blend with either 1 tsp of turmeric for yellow or 1 tbsp beetroot for pink (grated or juiced).

Peanut Cream



1/4 cup honey, maple syrup or date paste
1 cup peanut butter

Optional: 1/2 tsp vanilla, 2 tbsp cacao powder

- Blend together using a hand mixer on high speed, for about 2 minutes. Refrigerate for at least 30 minutes before using.

Pistachio Cream



Ingredients:

$\frac{1}{3}$ cup cashews (soaked for 3 hours)
 $\frac{2}{3}$ cup raw pistachios, (soaked for 1 hour)
 $\frac{1}{4}$ cup honey, maple syrup or date paste
 $\frac{1}{3}$ cup water

- Drain the nuts and rinse well.
- Blend all the ingredients together until very smooth. You may need to add water but no more than 2 tbsp.
- Refrigerate for at least 2 hours before using.

If you freeze this icing it becomes like ice cream!

Chocolate Hazelnut Spread



$\frac{2}{3}$ cup cashews (soaked for 3 hours)
 $\frac{1}{3}$ cup hazelnuts (soaked for 3 hours)
 $\frac{1}{4}$ cup honey or maple syrup
1 tbsp cacao powder, or more
 $\frac{1}{2}$ cup water
pinch of salt

- Drain nuts and rinse well.
- Simply blend until you get a smooth consistency.

If you freeze this, it becomes like ice cream!

Coconut Icing



Ingredients:

¼ cup honey, maple syrup or
date paste

3 cups coconut shreds (or 1
cup coconut butter)

Optional: ½ tsp vanilla

- Place the coconut shreds in a food processor and keep blending until they turn into a creamy mixture. First it will seem like nothing is happening, but after a few minutes, the coconut pieces will turn into a liquid!
- Give it at least 5 minutes (it may take longer in the winter).
- Then, once liquid, add the sweetener, and blend for a few seconds.
- Refrigerate for at least 1 hour before using.

Coconut Whipped Cream



2 cups coconut shreds
2 cups water

Optional: pinch of salt, honey
or maple syrup

- Blend the coconut and water until the mixture becomes smooth. You will need a strong blender for this!
- Strain it using a towel or cheesecloth and refrigerate in a closed container.
- The following day, you will notice that the mixture has separated into two phases: one thick white cream at the top and some water at the bottom. Carefully scoop out the white cream and discard the water.
- Place the cream in a bowl and whip using a hand blender until it reaches the desired consistency.

Easy Chocolate Sauce



Ingredients:

1 cup date paste (p. 155)
2-4 tbsp cacao powder

Optional: 1 tbsp coconut oil or
cacao butter

- Simply blend the cacao powder with the date paste, depending on how dark you like it. You can do it by hand or in the blender.
- Keep in an **open container** in the fridge for up to 5 days.

Tahina Date Spread



½ cup date paste (p. 155)
½ cup tahina

Optional: cinnamon, cacao
powder, vanilla, coffee

Mix the date paste with tahina in a bowl.
I like to use a ratio of 1:1 however you can add more tahina if you don't like it to be too sweet.

It's perfect to spread on toast, or use in raw desserts!

Tip: you can do the same for nut butters if you want a quick snack.

Date Paste



Ingredients:

1 cup of dates (150g)
1 cup of water

Simply soak the dates in water, for at least 1 hour, then blend! Keep in a jar, with the lid open for 5-7 days in the fridge. The longer you leave the dates to soak, the better - as the dates will get softer over time.

Date paste can be used to sweeten milk, smoothies, and can be used to make 4 -ingredient raw desserts... You will be seeing it a lot in this book!

Chia Jam



3 cups of fruit, diced or sliced
1/4 cup honey or maple syrup
2 tbsp chia seeds
1/2 lime, juice only

Optional: vanilla, cinnamon
orange zest

- Cook the fruit in a pan, on medium heat for about 15-20 minutes or until it starts to soften.
- Add some water at the start to avoid sticking.
- Mash using a potato masher until you get the desired consistency.
- Add in the honey, lime juice and chia seeds, stir well and leave it for 5 minutes to allow it to thicken.
- Once the mixture has cooled down, place in a jar and store in the fridge for up to 5 days.





Chocolate Milkshake



Ingredients:

1 ½ cup cold milk (almond or cashew milk work best)
2 tbsp cacao
60g dates
4 ice cubes

Optional: vanilla, 1 tbsp peanut butter or nut butter or tahina, 1 shot of coffee, or make it thick with ½ cup cashews or walnuts (pre-soaked for 3 hours)

Soak the dates in the almond milk in the fridge for at least 30 minutes. Blend well until the dates are completely dissolved.

Simply heat this drink on low fire to obtain a delicious hot chocolate! Stop cooking before it boils.

Serving suggestion:

Add cashew cream (page 151) and top with chocolate sauce (page 154)

Coffee Milkshake



1 cup cold-brew coffee*
60g dates, or more
½ cup any vegan milk
1 tbsp coconut oil
4-5 ice cubes

Optional: vanilla, 1 tbsp peanut butter or nut butter

Soak the dates in the almond milk in the fridge for at least 30 minutes. Blend well until the dates are completely dissolved.

*To prepare the cold-brew coffee, simply place 2 tbsp of ground coffee in 1 cup of water. Stir well and keep in a jar, closed for about 2 days. It can stay up to a week in the fridge.



Banana Milkshake



Ingredients:

300g bananas
½ cup any vegan milk
4 ice cubes
¼ tsp vanilla

Optional: 1 tsp cinnamon,
1 tbsp peanut or almond butter,
1 raw organic egg, turmeric

Blend until smooth!

You can also turn these milkshakes into ice cream sticks, by freezing them in popsicle molds overnight.

Green Milkshake



300g bananas
1 cup spinach (raw or steamed)*
½ cup milk (any kind)
1 date or 1 tbsp honey
4 ice cubes
¼ tsp vanilla

This milkshake is a great way of consuming greens without tasting them! I prefer to use almond or cashew milk in this recipe.

Blend until smooth!

*You may use lightly steamed spinach if you can't tolerate it raw. In that case, you may steam 1 cup, though it will yield a much smaller amount.



Beetroot Milkshake



Ingredients:

1 medium beetroot (boiled or steamed)
60g dates
1 cup any vegan milk
4 ice cubes
 $\frac{1}{4}$ tsp vanilla

Optional: 1 tbsp peanut or almond butter or tahina, cacao powder

Soak the dates in the milk in the fridge for at least 30 minutes. Blend well until the dates are completely dissolved.

This smoothie is a great source of iron!

You can also turn these milkshakes into ice cream sticks, by freezing them in popsicle molds overnight.

Pumpkin Milkshake



1 cup pumpkin (boiled or steamed)
 $\frac{1}{4}$ cup walnuts, soaked
1 cup any vegan milk
60g dates
4 ice cubes
 $\frac{1}{4}$ tsp vanilla
1 tsp cinnamon

Optional: fresh grated ginger, cloves, nutmeg powder

Soak the dates in the milk in the fridge for at least 30 minutes. Blend well until the dates are completely dissolved.

This smoothie is a great source of vitamin A!

You can also turn these milkshakes into ice cream sticks, by freezing them in popsicle molds overnight.



Spiced Mango Smoothie



Ingredients:

1 medium mango, cubed
½ cup coconut milk
1 tsp turmeric powder
1 tbsp fresh grated ginger
4-5 ice cubes*

Blend until smooth!

You can also turn all smoothies into ice cream sticks, by freezing them in popsicle molds overnight.

* Note: for a thicker smoothie, replace the ice cubes with slices of frozen banana!

Herbed Kiwi Smoothie



2 medium bananas

2 kiwis

1 tbsp fresh basil or mint leaves
½ cup orange juice
4-5 ice cubes*

Optional: ½ an avocado

Blend until smooth!

You can also turn all smoothies into ice cream sticks, by freezing them in popsicle molds overnight.

* Note: for a thicker smoothie, replace the ice cubes with slices of frozen banana!



The Sporty Smoothie



Ingredients:

2 medium bananas
2 dates
1 tsp turmeric
1 scoop protein powder
1/4 cup walnuts, soaked in water
for 3 hours
1 cup any vegan milk
4-5 ice cubes*
1 tbsp cinnamon powder or
2 tbsp cacao powder

This smoothie is great nourishment after a work-out because it is high in protein and minerals, and promotes muscle recovery. I personally love it with frozen bananas and vanilla-flavored protein powder.

Tip: if you don't have cacao powder you can break a bar of dark chocolate and add it instead!

*Note: for a thicker smoothie, replace the ice cubes with slices of frozen banana!



Chocolate Cookie Bars

Ingredients:

Crust:

1 cup gluten-free flour mix
1/4 cup coconut oil

Chocolate Layer:

1/4 cup cacao powder
1/4 cup coconut oil or melted
cacao butter
1 cup of date paste (p. 155)
pinch of salt
1 tsp vanilla

- Preheat the oven on 170°C.
- Prepare the crust first by mixing the ingredients together in a bowl then place in a toast tray, lined with a baking sheet.
- Bake for 10 minutes.
- Meanwhile, mix the chocolate layer ingredients together in a bowl and add them over the oats.
- Freeze for 30 minutes, then cut into the desired shape and store in the fridge.



Peanut Butter Chocolate Cups



Ingredients:

Peanut Filling:

½ cup peanut butter
1 tbsp coconut oil
(or melted cacao butter)
2 tbsp honey or maple syrup
¼ tsp vanilla

Chocolate Crust*:

¼ cup cacao powder
¼ cup coconut oil or melted
cacao butter
2 tbsp honey or maple syrup

- Mix the ingredients for the peanut filling in a bowl, and the ingredients for the chocolate crust in another bowl.
- Mix very very well!
- You can now prepare your cups by filling cupcake liners with both mixes. You can make layers like: chocolate-peanut-chocolate so that the peanut is 'inside' or peanut-chocolate-peanut.
- Freeze for 10 minutes every time you apply a layer.
- Freeze for at least 1 hour before eating, and you can also keep them in the fridge.

*You can use a dark chocolate bar instead. Melt 100g in a bain-marie or in the sun.

Allergic to peanuts?

Use almond butter or tahina instead!





Banana Ice Cream



Ingredients:

250g bananas
½ cup any vegan milk

Optional: 1 tbsp nut butter,
½ cup frozen berries.
1 tsp cinnamon

- Peel and slice the bananas into pieces less than 1 cm thick.
- Place them in a container in the freezer for at least 8 hours.
- Blend with the milk until you get a thick consistency.
- Serve right away!

Coconut Ice Cream



2 cups cashews (soaked
for 3 hours)

2 cups heavy coconut milk
¼ cup honey or maple syrup
pinch of salt

Optional: ¼ cup cacao powder,
1 tsp cinnamon, 1 tbsp peanut
butter, 1 shot of coffee, vanilla

- Drain and rinse the cashews.
- Blend all the ingredients together in a blender until smooth.
- Freeze for at least 4 hours before serving.

Tip: Place the ice cream mixture in an ice cube tray, and let it freeze. When you're ready to eat it, blend the frozen cubes in a food processor - this yields the best texture!



Ice Cream Bars



Ingredients:

Sweet Layer:

1 cup almond and/or coconut flour
150 g dates
pinch of salt

Cream Layer:

1 cup cashews (soaked for at least 3 hours)
½ cup any vegan milk or water
2 tbsp honey or maple syrup
1 tbsp coconut oil
½ tsp vanilla

Chocolate Crust:

½ cup cacao powder
½ cup coconut oil or melted cacao butter
¼ cup honey or maple syrup

- Line a cake tray with a sheet of baking paper.
- In a food processor, blend the sweet layer ingredients until very smooth, you can add up to ½ cup of water if needed.
- Spread the mixture evenly on the tray.
- Drain cashews and rinse well.
- Blend the cream layer ingredients and apply on top of the other layer.
- Freeze for at least 8 hours (or overnight).
- Once it's ready, prepare the chocolate crust by mixing all ingredients in a bowl with a spoon, for about a minute. Make sure the coconut oil is liquid.
- Take out the tray from the freezer and cut slices about 2 cm wide. You can make any shape you want - bars or squares are the easiest.
- Dip each slice in the chocolate mixture and cover it on all sides, using a fork to flip it. Place it back on the baking sheet.
- Do this for every slice and keep them in the fridge -they will stay good for 3-5 days.



Seed Balls



Ingredients:

200 g dates
1/4 cup ground flaxseed
1/4 cup sesame seeds
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1/4 cup water

Optional: 1 tsp vanilla,
1 tbsp cinnamon

This recipe is perfect for those of you who do not eat nuts or grains – however if you do not have food allergies you can replace a portion of the seeds with any nuts of your choice.

- Chop the dates and place them in the food processor with the water.
- Blend for a minute until the dates have started to blend.
- In a bowl, combine all the seeds and mix well.
- Add in the dates and mix well until you get a uniform dough.
- Roll into balls and cover with more seeds (sesame or chia work best).

Store in the fridge for up to a week.



Granola

Ingredients:

1 cup oats
½ cup nuts (or more oats)
½ cup seeds of choice
¼ cup ground flaxseed
¼ cup molasses, honey
or maple syrup
2 tbsp date paste (p. 155)
2 tbsp coconut oil

Optional: 1 tbsp cinnamon,
1 cup sliced dried fruit,
dark chocolate

- Prepare a baking sheet on an oven tray and preheat the oven on 180°C.
- Mix all ingredients together in a bowl until they start to stick together.
- Spread the mixture out on the oven tray - try to flatten it to 1cm height.
- Bake for 20 minutes or more, until the oats become crispy.
- Once it has cooled down, cut into shapes and store in a box outside the fridge.

Serving suggestion: Break in into small pieces and enjoy it as a cereal bowl for breakfast with any vegan milk!



Quinoa Chocolate Balls

Ingredients:

1 cup cooked quinoa
1/4 cup cacao powder
1/2 cup sunflower seeds
150g soft dates
2 tbsp chia seeds
+ 2 tbsp for rolling
pinch of salt

Optional: 1 tbsp tahina
or any nut butter

- Throw everything in a food processor and blend until smooth. It should have a sticky dough like consistency.
- Roll out the dough into equal sized balls with your hands.
- Cover the balls in chia seeds, either by rolling them on a large tray or by hand.

They keep well in the fridge for 4-5 days.



Tiramisu



Ingredients:

Crust:

1 cup almond flour
150g soft dates
 $\frac{1}{4}$ cup cacao powder
2 tbsp strong coffee or espresso or cold-brew
1 tbsp coconut oil
pinch of salt

Filling:

2 cups cashews, soaked for at least 3 hours
 $\frac{1}{2}$ cup maple syrup or honey
 $\frac{1}{2}$ cup any vegan milk
2 tbsp coconut oil
 $\frac{1}{2}$ tsp vanilla
pinch of sea salt
Optional: 1 tbsp nutritional yeast

Garnish: Cacao powder

- Place all ingredients for the crust in a strong food processor and grind until it forms a ball of homogenous mixture.
- Place the contents in individual cups or cupcake holders, creating an even first layer. Leave it on the counter, and move on to make the filling!
- Blend all ingredients for the filling together until smooth.
- Add that mixture in to the cups, make sure to evenly distribute it. I recommend 4-5 small portions.
- Freeze for at least 4 hours.
- Move to the fridge about 1 hour before eating.
- Gently dust with cacao powder right before serving, you can place 1 or 2 tbsp in a mesh strainer and shake it gently over your tiramisu! :)



Chocolate Mousse



Ingredients:

6 raw organic eggs
100g dark chocolate bar
(minimum cacao content 70%)
 $\frac{1}{4}$ cup raw honey
 $\frac{1}{2}$ lime, juice only
pinch of sea salt

- Melt the chocolate bar in a bain-marie; or if the weather is hot enough you can melt it in a bowl, in the sun.
- Separate egg whites and yolks into two large bowls. Ideally the bowl with the egg whites should be cold, so I like to put it in the freezer for a few minutes before starting.
- Whisk the egg whites with the lime juice for 3 minutes until the whites have become fluffy and thick.
- In the other bowl, whisk the egg yolks, melted chocolate and honey. The result should be smooth but thick, you do not want clumps in there.
- Using a spatula, carefully fold the egg whites little by little into the chocolate mixture. Take your time here – maybe 3 minutes to incorporate them slowly.
- Then simply cover with plastic wrap and refrigerate for 4 hours before serving!



Chocolate Mousse Cake



Ingredients:

Crust:

1 cup almond flour
150g dates
 $\frac{1}{4}$ cup cacao powder

Mousse layer:

Either use the recipe from the previous page...

Or make a vegan mousse:

1 cup cashews (soaked for 3 hours)
150g dates, soaked in $\frac{3}{4}$ cup filtered water
 $\frac{3}{4}$ cup fresh coconut milk*
 $\frac{1}{4}$ cup cacao powder
pinch of salt
Optional: 1 tsp vanilla

*You could also use another milk instead but you will need to add 1 tbsp coconut oil.

For the crust:

- Place all three ingredients in a food processor and keep blending until a dough is formed. If you need to add water, don't add more than $\frac{1}{4}$ cup.
- Once you have your dough, use your hands to flatten it on your cake tray creating a short side edge (1 cm maximum).

For the filling:

- Drain cashews and rinse well.
- Blend all ingredients in a blender until smooth & creamy.
- When your mousse layer is ready, pour it into the cake pan and freeze for 4 hours minimum.
- Move to the fridge one hour before eating.



Coconut Cake



Ingredients:

Crust:

1 cup shredded coconut
150g dates
2 tbsp water

Filling:

3 cups shredded coconut
1 cup fresh coconut milk
1/4 cup honey or maple syrup
1 cup of fruit
1 lime, juice only
pinch of salt

Optional: 1 tsp vanilla, fresh ginger

Not everything I make is with cashews! This delicious raw cake is suitable for people who have a nut allergy because coconuts are technically seeds, not nuts.

- In a food processor, blend the coconut shreds with the dates until you get a soft and firm dough. Your crust is now ready!
- Spread the dough on a silicon or lined cake tray.
- In a food processor or strong blender, blend the coconut shreds alone for 3-5 minutes. First it will seem like nothing is happening, but after a minute or two, the coconut pieces will turn into a liquid-y butter!
Give it time (it takes longer in the winter).
- Once your coconut “butter” is ready, place in a bowl and set aside. Blend the remaining ingredients together until very smooth and then add it to the bowl and mix well.
- You can now go ahead and place it in the cake tray and freeze for at least 4 hours.

Tip: Top with fresh fruits like berries, kiwi or mango to make it look extra special!



Plain Cheesecake



Ingredients:

Crust:

1 cup of almond flour
 $\frac{1}{4}$ cup honey or maple syrup
or 120g dates

Cream layer:

2 cups cashews (soaked
for 3 hours)
 $\frac{3}{4}$ cup fresh coconut milk*
 $\frac{1}{4}$ cup honey or maple syrup
1 lime, juice only

Optional: 1 tbsp nutritional
yeast, 1 tsp vanilla

*You could also use another
milk instead but you will need
to add 1 tbsp coconut oil.

For the crust:

- Mix either by hand or in a food processor until it starts to hold together.
- Spread the firm dough on a silicon or lined cake tray.

For the cream layer:

- Drain cashews and rinse well.
- Blend all ingredients in a food processor until smooth.
You may add 1 tbsp of coconut oil or more milk if you feel
that your machine is too weak.
- Place contents in the cake tray.
- Freeze for 4 hours minimum.
- Move to the fridge one hour before eating.



Fruit Cheesecake



Ingredients:

Crust:

1 cup of almond flour
1/4 cup honey or maple syrup
or 120g dates

Cream layer:

2 cups cashews (soaked for
3 hours)

1 cup fresh or frozen fruit
1/4 cup fresh coconut milk*
1/4 cup honey or maple syrup
1 lime, juice only

Optional: 1 tbsp nutritional
yeast, 1 tsp vanilla,

*You could also use another
milk instead but you will need
to add 1 tbsp coconut oil.

For the crust:

- Mix either by hand or in a food processor until it starts to hold together.
- Place in a silicon cake tray or a metal one lined with wax paper.

For the cream layer:

- Drain cashews and rinse well.
- Blend all ingredients in a food processor until smooth.
You may add 1 tbsp of coconut oil or more milk if you feel
that your machine is too weak.
- Place in the cake tray.
- Freeze for 4 hours minimum.
- Move to the fridge one hour before eating.

Tip: Make layers! One without fruit, followed by one with fruit...



Brownies

Ingredients:

1 cup gluten-free flour mix
½ cup cacao powder
4 organic eggs*
¼ cup coconut oil
¾ cup honey or maple syrup
pinch of salt

*or 1 cup flax gel (p. 122)
* or 2 tbsp chia seeds with
¾ cup water

- Preheat the oven on 180°C.
- Mix all the ingredients in a bowl.
- Place batter in a cake tray lined with baking paper and bake for 15-20 minutes. The brownies may appear undercooked but this is what will give a delicious gooey texture!
Let cool completely before eating.



Date Brownies



Ingredients:

1 cup almond flour or
cooked quinoa
2 tbsp chia seeds
 $\frac{1}{3}$ cup coconut oil
 $\frac{1}{3}$ cup cacao powder
200 g of dates soaked in
 $\frac{1}{3}$ cup water
1 tsp baking powder

- Preheat the oven on 180°C.
- Mix all the ingredients, except the cacao and chia, in a food processor until very smooth.
- Add the cacao and chia and blend for another few seconds.
- Place batter in a cake tray lined with baking paper and bake for 20 minutes.

Raw Brownie Bites



1 $\frac{1}{2}$ cup of almonds or
walnuts, soaked for
at least 3 hours
 $\frac{1}{4}$ cup cacao
200 g dates
2 tbsp honey or maple syrup
pinch of salt
Optional: 2 tbsp nut butter,
1 tsp vanilla

- Drain nuts and rinse well.
- Place the nuts in a food processor and blend until they break down into a flour. Then add the other ingredients and blend until smooth.
- Once you have a firm dough, you can roll out balls or fill a rectangular pan and cut into squares. I like to cover them with more cacao powder, or coconut flakes.



Pumpkin Fudge



Ingredients:

1 ½ cup pumpkin seeds
½ cup maple syrup or honey

Optional: ¼ cup sesame seeds,
1 tbsp cinnamon

- Pulse the seeds first in a food processor until gritty.
- Add the remainder of the ingredients and blend until smooth.
- Prepare a box lined with baking paper, fill it in with the fudge.
- Once it's ready and gently press on it to compress it.
- Refrigerate before serving.

Raw Carrot Cake



200g carrots
200 g dates
1 ½ cup walnuts (soaked)
or almond flour or coconut shreds, or a combination
1 tsp cinnamon

Optional: 1 tsp vanilla, ¼ cup raisins, ginger, turmeric

- Drain the walnuts and rinse well.
- Place the walnuts in a food processor and blend until they break down into a flour.
- Add the other ingredients and blend until smooth. You might need to add some water, but no more than ¼ cup.
- Once you have a firm dough, you can fill a rectangular pan and cut into squares.

Serving suggestion: Top with cashew cream (page 151)!



Raw Black Forest Cake



Ingredients:

Crust:

1 cup of almond flour
 $\frac{1}{2}$ cup cherries
2 tbsp cacao powder
 $\frac{1}{4}$ cup honey or maple syrup
or 100g dates

Cream layer:

2 cups cashews (soaked for
3 hours)
 $\frac{3}{4}$ cup fresh coconut milk*
 $\frac{1}{4}$ cup honey or maple syrup
1 tsp vanilla

*You could also use another milk instead but you will need to add 1 tbsp coconut oil.

For the crust:

- Mix either by hand or in a food processor until it starts to hold together.
- Spread the firm dough on a silicon or lined cake tray.

For the cream layer:

- Drain cashews and rinse well.
- Blend all ingredients in a food processor until smooth. You may add 1 tbsp of coconut oil or more milk if you feel that your machine is weak.
- Place contents in the cake tray.
- Freeze for 4 hours minimum.
- Move to the fridge one hour before eating.



Carrot Cake

Ingredients:

1 ½ cup gluten free flour mix
2 organic eggs*
1 tsp cinnamon
pinch nutmeg
½ tsp baking soda
1 tsp baking powder
400 g carrots
¼ cup any vegan milk
¼ cup coconut oil
½ cup molasses, or honey,
or maple syrup

Optional: ¼ cup walnuts,
¼ cup raisins

*or ½ cup flax gel (p. 122)

- Preheat the oven on 180°C.
- Mix the dry ingredients first – that means flour, flax, baking soda, baking powder and cinnamon.
- Chop carrots and place them in a food processor with the milk, oil and sweetener until well blended (aim for a coarse texture).
- Add the carrots to the dry ingredients, mixing very well.
- Bake for 25-35 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20-30 minutes.

How to know if the cake is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!



Zucchini Cake

Ingredients:

1 ½ cup gluten free flour mix
2 organic eggs*
½ tsp baking soda
1 tsp baking powder
250 g zucchini
½ cup any vegan milk
½ cup honey or maple syrup or date molasses
¼ cup coconut oil

* or ½ cup flax gel (p. 122)

Don't worry! This doesn't taste like zucchini at all!

- Preheat the oven on 180°C.
- Chop the zucchinis and blend them with the eggs, milk, oil and sweetener.
- Blend until smooth.
- Mix the dry ingredients in a bowl.
- Mix wet and dry ingredients together.
- Bake for 25-35 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20-30 minutes.

How to know if the cake is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!



Chocolate Cake

Ingredients:

1 cup gluten free flour mix
½ cup cacao powder
2 organic eggs*
½ tsp baking soda
1 tsp baking powder
¾ cup maple syrup or honey or molasses
½ cup any vegan milk
¼ cup coconut oil

* or ½ cup flax gel (p. 122)

- Preheat the oven on 180°C.
- In a bowl, blend the eggs, milk, oil and sweetener.
- Blend until smooth.
- Mix the dry ingredients in a bowl.
- Mix wet and dry ingredients together.
- Bake for 25-35 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20-30 minutes.

How to know if the cake is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!



Chocolate Beetroot Cake

Ingredients:

1 cup gluten free flour mix
½ cup cacao powder
2 organic eggs*
½ tsp baking soda
1 tsp baking powder
250 g beetroot
½ cup maple syrup or honey or molasses
½ cup any vegan milk
¼ cup coconut oil

* or ½ cup flax gel (p. 122)

- Preheat the oven on 180°C.
- Chop the beetroot and blend them with the eggs, milk, oil and sweetener.
- Blend until smooth.
- Mix the dry ingredients in another bowl.
- Mix wet and dry ingredients together.
- Bake for 25-35 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20-30 minutes.

How to know if the cake is ready

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!





Chocolate Lava Cakes



Ingredients:

4 organic eggs
200g dark chocolate
 $\frac{1}{4}$ cup coconut oil
 $\frac{1}{2}$ cup honey or maple syrup
2 tbsp starch or rice flour
Pinch of salt

Yields 6 portions

- Preheat the oven on 170° C.
- Melt the chocolate with the honey and oil in a double boiler, or in the sun!
- Mix well to remove any lumps.
- In a separate bowl, beat the eggs with and gently add them into the chocolate mixture. Add in the starch and mix again.
- Place in a cupcake tray and bake for 8 minutes.
- Serve them upside down and eat immediately!





Banana Cake

Ingredients:

1 ½ cup gluten free flour mix
2 organic eggs*
½ tsp baking soda
1 tsp baking powder
300g bananas
¼ cup any vegan milk
¼ cup coconut oil
¼ cup molasses or maple syrup or honey

* or ½ cup flax gel (p. 122)

- Preheat the oven on 180°C.
- Chop the bananas and blend them with the eggs, milk, oil and sweetener.
- Blend until smooth.
- Mix the dry ingredients in a bowl.
- Mix wet and dry ingredients together.
- Bake for 25-35 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20-30 minutes.

Green Banana Cake



Add 2 cups of spinach

Same process as above, simply blend the spinach with the bananas, milk, oil and sweetener.



Chocolate Fudge Cake



Ingredients:

4 organic eggs
1/4 cup coconut oil
200g dark chocolate
1/3 cup honey or maple syrup
Pinch of salt

Optional: 1/2 tsp baking powder

- Preheat the oven on 170° C.
- Melt the chocolate with the honey and oil in a double boiler, or in the sun!
- Mix well to remove any lumps.
- In a separate bowl, beat the eggs and gently add them into the chocolate mixture.
- Place in a cake tray and bake for 20 minutes.



Vanilla Sponge Cake

Ingredients:

2 cups gluten-free flour mix
1 tsp real vanilla powder (or liquid extract)
1 tsp baking powder
½ tsp baking soda
4 organic eggs*
¼ cup coconut oil
½ cup any vegan milk
½ cup honey or maple syrup

*or 1 cup flax gel (p. 122)

- Preheat the oven on 170°C.
- In a bowl, blend the eggs, milk, oil and sweetener.
- Blend until smooth.
- Mix the dry ingredients in a bowl.
- Mix wet and dry ingredients together.
- Bake for 25 minutes.

For cupcakes, simply place batter in 10-12 cupcake holders and bake for 20 minutes.

How to know if the cake is ready?

Poke a knife or bamboo stick in the center, and if it comes out clean, then it is ready!



Blender Pancakes

Ingredients:

1 cup gluten free flour mix
1 tsp baking powder
½ tsp baking soda
1 medium banana or zucchini *
½ cup any vegan milk
1 tbsp coconut oil
1 tbsp maple syrup, molasses
or honey

Optional: 1 tsp vanilla,
pinch of cinnamon
1 cup raw spinach

* or 2 organic eggs

Serves 2

These pancakes are heavier than typical wheat pancakes however they contain a lot more protein and vitamins. Hiding bananas or zucchini in the batter makes it a perfect for kids! I suggest eating these pancakes with maple syrup or raw honey, fresh fruit and some cashew yoghurt (pages 141-142) for a complete meal.

- Blend all ingredients in a blender until smooth.
- Heat a pan on medium fire with a drizzle of oil.
- Cook 1 or 2 pancakes at a time, depending on the size of your pan.
- Keep applying oil between each batch.

Note: if the batter is too heavy for the blender, you can add up to 2 tbsp of milk, but not more.



Waffles

Ingredients:

1 cup gluten-free flour mix
½ cup any vegan milk
2 tbsp coconut oil
2 tbsp molasses, honey
or maple syrup
1 organic egg *
1 tsp baking powder
½ tsp baking soda

*or ¼ cup flax gel (p. 122)

Serves 2

- Pre-heat your waffle maker.
- Blend all the ingredients together either in a blender or with a whisk. Make sure the mixture is lump-free.
- Once your waffle maker is ready, cook according to the machine's instructions!

Serve with fruits, molten chocolate and/or ice cream (page 172).

Tip: Coat your waffle maker with coconut oil to prevent sticking.



Almond Pancakes



Ingredients:

1 ½ cup almond flour
½ cup any vegan milk

1 organic egg
½ tsp baking soda
1 tsp baking powder
Optional: salt & pepper
½ cup spinach

- Blend all the ingredients together either in a blender or with a whisk. Make sure the mixture is lump-free!
- Heat a non-stick pan and gently cook your pancakes about 30 seconds on each side.

These pancakes work equally well for savory dishes as they do for sweet dishes! It's also an excellent start to the day!

Coconut Pancakes



1/3 cup coconut flour
½ cup milk or water
3 organic eggs
1 tsp baking powder
½ tsp baking soda
Pinch of salt
Optional: ½ cup spinach

- Blend all the ingredients together either in a blender or with a whisk. Make sure the mixture is lump-free!
- Heat some oil in a non-stick pan and scoop a large spoonful of the batter.
- Cook for about 2 minutes on each side, or until they become as crispy as you like.



Chocolate Pancakes

Ingredients:

1 cup gluten-free flour mix
2 tbsp molasses, honey or maple syrup
1 organic egg *
2 tbsp cacao powder
 $\frac{3}{4}$ cup any vegan milk
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ tsp baking soda

- Simply mix all ingredients together in a bowl! It's better to whisk or use an electric whisk to prevent any lumps.
- Let the batter sit for 5 minutes
- Preheat a non-stick pan.
- Cook the pancakes for about 2 minutes, flipping halfway through. Keep applying oil between each batch.

* or $\frac{1}{4}$ cup flax gel (p. 122)

Serves 2



Chocolate Almond Cookies



Ingredients:

$\frac{3}{4}$ cup almond flour
3 tbsp cacao powder
 $\frac{1}{3}$ cup maple syrup
2 tbsp coconut oil
2 tbsp rice flour
pinch of salt

Optional: vanilla, cinnamon, ginger, chocolate chips

- Preheat oven on 180°C.
- Mix all ingredients in a bowl and place in the fridge until the mixture hardens.
- Form cookie dough balls, then bake for 10 minutes!

Raw Dark Chocolate Cookies



1 $\frac{1}{2}$ cup almond flour
100 g dark chocolate
3 tbsp honey or maple syrup
1 tbsp coconut oil
pinch of salt

Optional: vanilla, cinnamon, ginger, turmeric

- Melt the chocolate in a bain-marie or in the sun.
- Mix all ingredients in a bowl and place in the fridge until the mixture hardens.
- Form cookie dough balls, and then refrigerate for 1 hour!
- Enjoy chilled :)



Tahina Cookies

Ingredients:

1 cup gluten free flour mix
1/3 cup molasses or maple syrup
1/4 cup tahina
1/2 tsp baking powder
1 tbsp sesame seeds
1 tbsp coconut oil

- Preheat oven on 180°C.
- Mix all ingredients in a bowl and place in the fridge until the mixture hardens.
- Form cookie dough balls, then bake for 12 minutes!

Tip: Dip them in molten chocolate to obtain a chocolate-crusted cookie!



Ginger Cookies

Ingredients:

1 cup gluten free flour mix
1/3 cup molasses or maple syrup
1 tbsp ground flax seeds
1 tbsp fresh grated ginger
1/4 cup coconut oil
1 tsp baking powder
pinch of cinnamon

Optional: 1 tbsp turmeric

- Preheat the oven on 180°C.
- Mix all ingredients together in a bowl
- Place it in the fridge for 10 minutes.
- Once cool and firm, form into 5-10 cookies.
- Bake for 10 minutes.

Tip: Dip them in molten chocolate to obtain a chocolate-crusted cookie!



Rice Pudding

Ingredients:

With white rice:

½ cup white rice
3 cups any vegan milk
(coconut is best)

With brown rice:

½ cup brown rice
2 cups any vegan milk

Optional: raisins, cinnamon, mastika, cardamom, vanilla

White rice method:

- Wash the white rice or soak it for 10 minutes before cooking. Make sure to rinse it well.
- Meanwhile, heat the milk in a pot.
- Stir the rice in, as well as any other additives, and bring to a boil.
- Turn the fire down completely and simmer uncovered for about 20 minutes. You can then turn the fire off and add your favorite sweetener, stirring it in gently.
- Let the rice cool down and thicken before serving.

Brown rice method:

- Soak the brown rice at least 3 hours before you start cooking.
- Drain and rinse well.
- Cook the rice in $1\frac{1}{2}$ cup of water – once it boils, cover and let simmer for 40 minutes.
- Add the milk and bring to a boil. As soon as it boils, lower the fire and let it simmer for 20 minutes.
- You can then turn the fire off and add your favorite sweetener, stirring it in gently.
- Let the rice cool down and thicken before serving.

This makes an excellent breakfast for cold mornings, and can also be eaten without sweeteners as a savory pudding.



Avocado Chocolate Pudding



Ingredients:

3 ripe avocados (about 1 cup)
1/4 cup honey or maple syrup
1/2 cup any vegan milk
100g dark chocolate
1 tbsp coconut oil
pinch of vanilla
pinch of salt

- Melt the chocolate in a bain-marie (double-boiler), or if the weather is hot enough you can simply let it melt in the sun!
- Blend the avocados with milk and sweetener until the mixture is very smooth.
- Add the melted chocolate along with the salt and vanilla, and blend again.
- Cover and refrigerate for at least 2 hours before serving.

Tip: If you freeze this pudding it becomes like ice cream!



Chia Pudding



Ingredients:

1 cup any vegan milk
1/4 cup chia seeds
3 tbsp any liquid sweetener*

Optional: raisins, cinnamon,
cacao powder, vanilla,
coffee, fresh fruit

*I prefer to use date paste here
because it makes the
pudding thicker

This pudding is a very quick and easy to make alternative to rice pudding. Chia seeds are a great source of iron, calcium, and protein.

- Mix the chia seeds and milk together in a bowl.
- Add the other ingredients and stir.
- Leave it to sit for 5 minutes then stir again.
- Cover with plastic wrap and refrigerate for at least 2 hours before eating.



Fruit Parfait



Ingredients:

Yoghurt Layer:

1 cup of cashew yoghurt
(p. 141-142)

Fruit Layer:

1 cup of fruit

Granola Layer:

1 cup of granola (p. 178)

These delightful treats make a great breakfast or snack, though they require a bit of preparation. They consist of three layers which you can play around with and arrange to your preference.

- Slice your fruits to your preference (I like them very thin for this snack!)
- In serving glasses, or bowls, arrange the layers in the following order:
fruit ~ yoghurt ~ granola ~ yoghurt ~ fruit
- To finish, drizzle with honey or maple syrup.



